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The Original Men's Magazine

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21ST
CENTURY

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'MR NICE'
MARKS
AS
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UNCLE

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FRENCHIEST
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BEING AN MI6 MADAM

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CITIZEN

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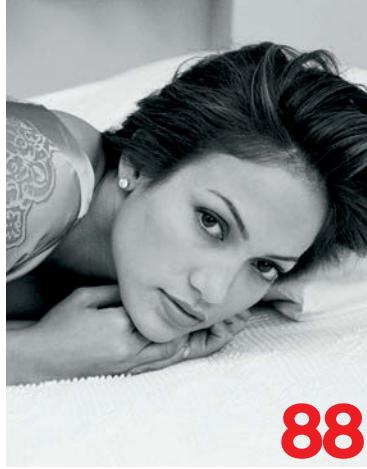
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JOHN NIVEN

Our best-selling columnist is the author of six novels and hailed as one of Britain's sharpest writers. His debut book *Kill Your Friends* was called 'the best British novel since *Trainspotting*'. It's now being made into a long-awaited film, with a screenplay by Niven. Nicholas Hoult is in the lead role of Steven Stelfox - a murderous A&R man who snorts, schemes and slaughters his way to the top. And his antics are based on the 10 hedonistic years Niven spent in the money trenches of the Nineties music industry.



HOWARD MARKS

The author, hedonist, reformed drugs smuggler and all-round nice guy is Loaded's new Agony Uncle. He's suffering from cancer and feels it's time to pass on his hard-won wisdom. Listen closely - he's seen it all, and smoked it all.



JULIE BURCHILL

"I write for Loaded for the only reasons I ever write - to make money and tell the truth. And because none of the 'women's' magazines will ask me." Our Agony Aunt gives a brutal female perspective on very male problems.



ANDY PARSONS

He started his career as lead writer on *Spitting Image*. Ever since, critics have said we need more comics like him to take pot-shots at the politicians who pull the strings. This month he tells why British politics needs a woman's touch.



PETER CROUCH

The big man gives the low-down every month on the secrets of life as a Premier League millionaire. He's delivered at every one of his clubs, become famed for his robot dance, is as good on a night out as he is on the pitch - and keeps Abbey Clancy happy.



TRACEY COX

She's helped improve orgasms all over the world by selling millions of erotic manuals and sharing the secrets of good sex on scores of TV shows. Now the 'sexpert' is your bedroom shrink. This issue she reveals how to talk women into anything.



MARTIN DEESON

Our Chief Feature Writer was Loaded's original Gonzo journalist who was with the magazine when it launched. His nights out have included sneezing cocaine over the Osbournes and getting jailed after partying with our Agony Uncle Howard Marks.



DONAL MACINTYRE

Responsible for jailing Britain's most vicious football hooligans, our Investigations Editor (and a Professor of Criminology) has suffered beatings for his fearless reporting and once had a £50,000 contract put on his head.

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LIVE NATION
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The world isn't a very nice place a lot of the time. So it's a shame one of the planet's ultimate nice guys is facing death.

I'm talking about Howard Marks, the notorious dope smuggler who went by the alias Mr Nice.

He was diagnosed with inoperable bowel cancer last autumn.

It's now spread to his liver and lungs and he's completed eight cycles of chemotherapy.

And what's he doing as he ponders shuffling off this mortal coil?

He's not curling into a ball and feeling sorry for himself.

Despite being in agony some of the time these days, Marks has decided to spend his time being Loaded's Agony Uncle.

He said before he started his 'Uncle Nice' column in this month's magazine he thought it would be a "wonderful opportunity to pass on his hard-earned wisdom". Writing it also takes his mind off his battle with cancer.

Marks was a columnist for Loaded in the Nineties, and back then he passed down tips on being a hedonist.

Things have moved on, and in his first Agony Uncle column he addresses more heavyweight issues including depression and dope addiction.

There's no better man to consult with a problem – he's seen it all, and smoked it all.

As a drug smuggler, Marks, who is due to turn 70 in August, had 43 aliases, 89 phone lines and 25 companies trading globally as money laundering fronts.

Despite being one of the cleverest and wittiest rogues you'll ever meet, Marks' Mr Nice moniker was nothing to do with his personality.

He got it because he once bought a passport from convicted murderer Donald Nice.

Marks embarked on his drug smuggling career after studying physics at Balliol College, Oxford. His life of crime took him all over the world and involved him

with the mafia, Palestine Liberation Organisation, the IRA and security services. He was eventually banged up for 25 years in the Federal Correctional Complex, Terre Haute, Indiana – one of America's roughest prisons.

But fellow prisoners said he got by with the scores of vicious inmates by being "charming and eccentric" and, yes – you guessed it – "nice".

After his release in 1995 for good behaviour he wrote his autobiography Mr Nice which sold more than a million copies and made Marks a household name, before the book was turned into a film starring his pal Rhys Ifans.

Keith Allen said it best when he heard Marks had cancer: "He's a national institution and a national hero."

Along with Marks' wise words, there's the presence of the two new Bond ladies in this 007 preview issue.

Lovely Léa Seydoux and bella Monica Bellucci both talk exclusively about landing parts in the new Bond flick Spectre.

Seydoux – most famous for her role as a blue-haired lesbian in Blue Is The Warmest Colour – proves why she's one of the new breed of smart, exotic Bond girls by saying she has a "darkness" inside her.

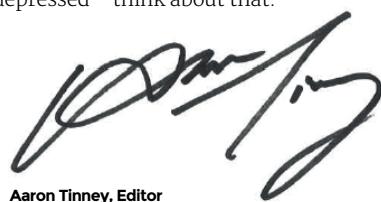
And Bellucci – who will be one of Bond's oldest ladies aged 50 – gushes about the merits of English gents and Daniel Craig.

If that pair don't lift your spirits, try reading the chats with the other goddesses in this issue, including Cameron Diaz, Jennifer Lopez and Charlize Theron.

If that still doesn't do anything for you, go back to Marks' column.

His advice to one reader in this edition who says he's depressed is basically not to worry and look at the best things in his life.

When he was in prison Marks said he never felt a moment's depression – even though he was forced to give up cannabis for seven years. As he writes in this issue, 'I've got cancer and I'm not depressed – think about that.'



Aaron Tinney, Editor

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EXCLUSIVE COLUMNIST

John Niven



The Tipping Point

Here's a novel tip for our rip-off age: don't take the piss with the percentage.

We all remember Mr Pink twiddling his thumb and forefinger together as he said, "This is the world's smallest violin playing just for the waitresses..." while he extolled the virtues of not tipping.

Or Patrick Bateman's response to the tramp who held a taxi door open for him and said, "How about a tip?"

Bateman replied, "Here's a tip: get a real job you fucking bum."

I have no time for these attitudes. I love to tip. Ask anyone. Cab drivers, barbers,

"Clearly this American waiter was sorely in need of a decent tip: the tip of somebody's boot right in his greedy, throbbing little nutsack"

bartenders, waiting staff, the Big Issue seller. At Christmas, the postman, cleaner and the gardener all get it too.

Hell, I even tip the Ocado man.

As a rule of thumb – the less you are expected to tip someone then the more pleasure I take in doing so.

The only situations where I take markedly less pleasure from tipping are the ones where it is absolutely 100 per cent expected you will do so.

This produces an international scenario where I enjoy tipping heavily in countries where they hate it – Italy, Germany, Japan – and resent tipping in places where they absolutely demand it.

Which only really means one place – the good old USA.

The first time some Scottish friends of mine went to New York many years ago they were staying at the kind of hotel that did not have room service.

They called the front desk, who said that they would be happy to send someone out for some food for them. A guy was duly dispatched for a pizza.

About 20 minutes later he knocked on their door and handed over the pizza and the bill for \$10 or whatever. They handed him the 10 bucks and closed the door.

Cue banging on door.

"What?" my friend said. "Uh, how about my tip?" the guy said.

They laughed and closed the door in his face again.

Needless to say, the next time they asked the front desk for something they were met by a curt, "Getthefuckouttahere you Limey fucks" and the sound of the phone being slammed down.

Now, these friends of mine were, clearly, animals. Sub-human toerags.

The guy had gone out into the night for them and tramped all the way back with their American Hot.

The least he deserved was a couple of bucks for his trouble.

But they came from a time (the early 1990s) and a place (Glasgow) where the idea of tipping was bananas.

However, the situation in America has now swung much too far in the other direction.

I can remember a time when 15 per cent was pretty much standard in America.

Somewhere in the last decade it's become 20 per cent as standard and closer to 25 per cent-plus if you want to even be considered generous.

In some of the chicer restaurants of New York and Los Angeles it has reached the point where you do not even get a smile if you tip much less than 30 per cent.



'THE SMALLEST VIOLIN...' Mr Pink famously extolled the virtues of not tipping in *Reservoir Dogs*.

If there are four of you eating in a nice place this means you are talking about something in the region of \$120 for just a smile.

A friend told me a story about dining in New York recently that is about as far from the Glasgow pizza experience as you are likely to get.

They were in a fairly decent restaurant where they were subjected to appalling service. It took forever for their food to come, the order was wrong, the waiter brought the wrong wine and was generally surly and unhelpful. Despite all this, they still left a 10 per cent tip.

On their way out the waiter asked them if there had been a problem with the service.

"Well," they said, and began listing the many defects of the meal.

The dude followed them out into the street hurling abuse upon them.

Now clearly this guy was sorely in need of a decent tip: the tip of somebody's boot right in his greedy, throbbing little nutsack.

Last Christmas I had my own Tipgate when I got into a no-shit battle with a restaurant over a gratuities fiasco. And it wasn't even in America. It was right in lovely London.

I'd been eating in ***NAME OF RESTAURANT REDACTED***, not long

"The coat check girl eyed my tenner and said, 'Hey guys, don't forget to leave a nice tip'. Here's what I heard: 'Hey you Scottish scumbag don't think you can waltz out of here and just drop 10 sters in that tray, you fat, tight-fisted b****d'"**

after it opened and tables were incredibly hard to get. As we left (we were two guys and two girls) I was taking a tenner from my jacket to slide on to the tip plate by the cloakroom when one of the coat check girls (there seemed to be three of them) eyed it and said, "Hey guys, it's Christmas. So don't forget to leave a nice tip."

Here's what I heard: "HEY YOU SCOTTISH SCUMBAG DON'T THINK YOU CAN WALTZ OUT OF HERE AND JUST DROP TEN SHITTERS IN THAT TRAY, YOU FAT, TIGHT-FISTED BASTARD."

What, 10 quid wasn't cutting it?

Well, I went berserk. I don't mean I smashed the place up or anything like that. I went berserk in the modern

way – on Twitter. Which led to emails being exchanged between me and the management, which led, eventually, to reprimands and then a free meal being issued.

And to think, if she'd kept quiet for a few seconds longer I'd probably have emptied half my wallet on to the tip tray.

I had, after all, just consumed about four pints of claret.

But seriously, is this the world we're living in now?

Twenty quid for handing you some coats? A hundred and twenty bucks for a smile?

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WORDS Bobby Friedman

IMENSCHLY EXPENSIVE

Remember 'Cameron's cutie' Louise Mensch who quit politics to be with her family? She says the only way to be fair to women in politics is to give them more expenses to look after the kids.

Late last year Ed Miliband and Nick Clegg were pictured wearing T-shirts with the slogan, 'This is what a feminist looks like'. It was part of a campaign aimed to highlight gender equality in all areas of society, including politics. Only later was it revealed the garments had been made in a Mauritian sweat shop, where workers were paid 62p an hour.

Oops. This is what exploitation looks like, it turns out.

Fair play on the sweatshop pay though – all the workers, men and women alike, were paid the same piss-poor wage.

Of course, the sentiment behind the campaign was reasonable enough. In 2015, sharing the opinion a woman should be denied a promotion or a pay-rise because of her sex sounds as appealing as a night of passion with John McCririck.

Feminist campaigns are now constantly making waves on Twitter and in the press. Just ask Dapper Laughs (remember him?) what it's like when you're marked out as a sexist, 'just' for making a tiny joke about rape.

In the majority of professions, the tide is turning in favour of feminism.

When you visit your GP, you're more likely to be treated by a woman than a man. If you want to succeed at writing or journalism, your chances are better if you're female.

And yet, in politics, all the evidence shows very little's changing.

Fewer than a quarter of our MPs are women – a statistic not much different to the position back in 1997 when Tony Blair swept to power flanked by his so-called 'Blair's babes'.

Now, nearly four-fifths of the current cabinet have a Y chromosome, despite David Cameron's promise a third of his team would be female by the end of his first term in government.

When it comes to the top job, we've only ever had one female Prime Minister, and Labour and the Lib Dems have never even elected a woman as their leader.

The funny thing is that the beacon of progress, Margaret Thatcher, wouldn't have been seen dead in a 'This is what a feminist looks like' T-shirt – and not just because it wouldn't have matched one of her Hyacinth Bucket-style handbags.

Thatcher thought women should make their way based on merit and saw no problem in promoting man after man at the expense of her female colleagues.

She had no time for the feminist movement – and during her 11 years in power she only appointed one woman to her cabinet.

When Edwina Currie, one of the many women who missed out on promotion, lobbied Thatcher to introduce breast cancer screening she appealed to her as a

"woman". No cigar. But when Currie told Thatcher that it would save money for the NHS, that worked like a charm.

So why is it that it's taking so long for the numbers to catch up after the influx of 'Blair's babes' (which was a phrase criticised as a casual, misogynist tag.)

I might be accused of viewing this all through my patriarchal view of society.

In other words, it's better to ask a woman. So I got in touch with Louise Mensch, the former Conservative MP who's about as well-placed as anyone to let me in on the secrets of why there aren't more women in Westminster.

After just two years in the House of Commons, Mensch resigned her seat to spend more time with her three young children and husband, who lives in New York and manages Metallica.

The 43-year-old was dubbed the ultimate 'Cameron cutie' when she started making headlines as the Tories' most glamorous and well-connected feminist.

Before entering politics she published chick-lit under her maiden name Louise Bagshawe. Famously, she announced on Question Time alongside the Sex Pistols' John Lydon she had messed up her melon taking hard drugs in her twenties.

And she once left a televised meeting of the Culture select committee in the middle of grilling Rupert Murdoch's son James – because she had to go on the school run.

So far, so Betty Draper.



POLITRICKS



“A FEMALE MP WHO NEEDS TO RAISE A YOUNG FAMILY NEEDS AN ALLOWANCE THAT LETS HER DO SO”

Her whole approach leaves me in no doubt she could match anyone punch for punch in a bust-up over current affairs.

Mensch is Thatcher with childcare.

For her, the politicians aren't the problem. She never experienced any sexism from her colleagues in Parliament, she says. Instead, civil servants are to blame. And guess which sex they are.

“What we need to look at is the domination of Whitehall by male mandarins,” she tells me. “They put barriers in front of women with young children being able to stand for Parliament.”

For Mensch, the problem is women end up getting lumped with looking after the kids. Her solution is to pay MPs even greater expenses: a view that's probably best put to the British public when you're safely protected by the breadth of the Atlantic Ocean. Controversial though it might be to up the allowances, I can see her point.

“A female MP who needs to raise a young family in London needs an allowance that lets her do so,” she argues. “It can't be one size fits all.”

So what other choices are there for an ambitious female politician who wants to have kids? One surely might be to pay for your own place to live, like everyone else.

But Mensch's experience was that less well-off mothers only had two choices in life – either “dump your kids or pay

your own rent”. She realises there will be an extra burden on the taxpayer if MP mothers are given more expenses, but she says, “The value to the nation of opening Parliament to mothers of small children greatly exceeds the cost of the extra rent.”

I spoke to another Tory, I'm A Celebrity contestant Nadine Dorries, and heard the same story. As a Conservative MP, she too doesn't feel she experiences any “out-and-out sexism”. But she admits, “I did 10 years ago,” before adding, “But not now.

The guys in Parliament are a good lot.” Yet Dorries does warn the

system is still stacked against women. “There are boxes and if you're a woman and want to succeed, in most cases you have to tick one of them,” she says.

“You have to be wealthy or have a wealthy partner, have a home in London, or be childless. To get to cabinet level the workload is 12 hours a day, seven days a week.

“If you're a mother it's pretty hard. If you're not wealthy it's pretty hard, because you need a base in London. There's that kind of distortion.”

Dorries doesn't sound bitter – her crime novel *Hide Her Name* has just sold its 500,000th copy, so she's succeeding in another field – but you can feel the injustice in her voice.

“It's all about being 'clubbable' ”, she tells me. “If you have to go home to your children you're out of it because you're

not meeting people in the smoking room, or drinking on the House of Commons terrace at night.”

Maybe it's time for fathers to start sharing more responsibility for the kids then? The reality, though, is that for most MPs, this ain't gonna happen. Fathers are simply reluctant to step up to the plate.

It's no wonder women such as Mensch and Dorries drop off the greasy pole.

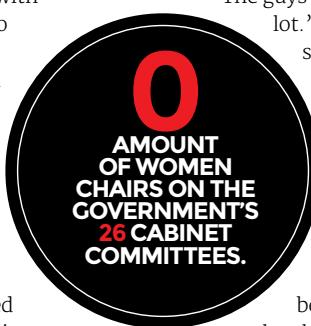
Fast-forwarding to this year's General Election, the choice for voters is very much male and middle-aged.

Looks-wise, the distinction between Cameron, Clegg and Miliband is like trying to tell apart Mary-Kate and Ashley Olsen, although a lot less enjoyable.

There are, however, signs the next Parliament may bring a breakthrough.

Theresa May is one of the favourites to become the next Conservative leader, while Yvette Cooper and Liz Kendall are realistic candidates for Labour if Miliband gets the chop. In Scotland, the First Minister Nicola Sturgeon and the Tory leader, Ruth Davidson, are both women.

But according to the likes of Mensch and Dorries, there's a long way to go before it will truly be a level playing field. It's been 25 years since Thatcher left Downing Street, and it feels as if it will be a while yet before another lady comes to power because apparently a will of iron isn't enough – you also need a big enough bank balance for the babysitting fees. **Id**



Exclusive

NIGHTCRAWLER

We have five copies of Jake Gyllenhaal's new film to give away. To win email competitions@loaded.co.uk with your answer to the following question.

In **NIGHTCRAWLER**, Jake Gyllenhaal plays the character Lou Bloom who hires a young man called Rick to be his apprentice. What is the name of the actor who plays Rick?

- A** Ryan Gosling
- B** Channing Tatum
- C** Riz Ahmed

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The closing date of the five prize draws is March 31st, 2015. No alternative prizes will be offered. Winners will be selected at random within five days of the closing date and prizes sent within one month.

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EXCLUSIVE COLUMNIST

THE UNFAIRER SEX

Andy Parsons

Why Parliament's female un-friendly atmosphere is killing British politics.

Ed Miliband in the House of Commons last year pointed to David Cameron's all-male front bench and taunted the Prime Minister about having a "women problem". It was a rare successful moment from a politician who himself is widely seen to have a 'bacon sandwich' problem, a 'remembering his speech' problem and a 'looking like Wallace/an alien/Sylvester the Cat' problem.

David Cameron had said he wanted

often booze-fuelled. Mark Reckless, the new UKIP MP for Rochester, was most famous before he defected from the Conservatives for getting so drunk in a late night session in the House of Commons bar while waiting for a vote that he was unable to actually make it out of the pub when the vote came.

He apparently kept repeatedly opening the bar door on his own foot and couldn't work out what was in the way. It makes me suspect he may have been trying to

representatives every day effectively play a version of the holiday pastime 'placing the towel on the sun lounger'.

The reason for this farce is there are 650 MPs and only 427 seats in the House of Commons. There were debates in this Parliament about reducing the number of MPs to 600 – or 550. Well, how about 427? Then everybody gets a seat and the taxpayer doesn't have to worry about the expense claims of 223 MPs.

The House of Commons has been described by Mumsnet (my parenting website of choice), as "sexist, masculine and out-of-date". Its testosterone-fuelled combative nature is personified in the antiquated nonsense that is Prime Minister's Questions.

Watching MPs continuously standing to try and attract the Speaker's attention so they can ask a question – a process known as 'bobbing' – makes it look as if some giant version of the arcade game "whack-a-mole" is being played.

We don't want people put off politics by the House of Commons' intimidating macho atmosphere that makes it seem like a kindergarten – we want to attract as many people of both sexes to politics as possible.

At the moment politicians are supposedly the least trusted and respected of any profession, even less so than that other hated breed – estate agents.

It's a sad day when even estate agents are thinking, "I'm not tempted by politics – I couldn't take the posturing and the lies and the bullshit." **10**

"Don't forget Godfrey 'Bongo Bongo Land' Bloom had to resign after suggesting any women who didn't clean behind fridges were 'sluts'"

a third of all Conservatives MPs to be women. But with only 48 women in the ranks of 304 MPs, he is still way off the mark when it comes to equality. And several of those women have said they will be standing down at the next election. Reasons for standing down vary, but a common theme seems to be that Parliament is still not female friendly.

Cameron himself described the House of Commons as "half museum, half church, half school". (You mean thirds, Dave.)

Putting quibbles about his maths to one side, it may seem like his school – Eton.

But it certainly doesn't seem like any school of mine.

Some efforts have been made to reduce late night Parliamentary sittings to make it easier for family-oriented politicians.

But late nights are still frequent and

leave the Tory party some time before he actually achieved it.

UKIP themselves are not noted for their feminist mindset. They supposedly have less women standing as candidates at the next election than men called Steven or David. And let's not forget Godfrey 'Bongo Bongo Land' Bloom had to resign after suggesting any women who didn't clean behind their fridges were "sluts".

(He didn't reveal whether he, when visiting a woman for the first time, would check behind her fridge to try and ascertain whether it might be his lucky day.)

As well as the boozy late nights, there are very early starts for MPs, especially if you want to get a seat in the House of Commons chamber itself. To do this you have to turn up for 8am prayers to 'bagsie' a seat for the rest of the day. Our elected



Andy Parsons will be touring his Live And Unleashed – But Naturally Cautious show across the UK this year.



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INTERVIEW

WORDS John Earls

THE WORLD ACCORDING TO CHARLI XCX

Britain's ballsiest new pop star, 22-year-old Charlotte Aitchison, on her turn-ons, sex and buying a house that looks like a strip club.

The last time I cried was three days ago.

I was playing some new music to my manager. I was feeling like, 'Ugh! My record label are really being shit today'. We both had a massive rant at each other.

I don't know what my first memory is.

It's bad, but nothing sticks out as a memory from when I was younger. So, I have one from last October that I've made myself remember. I was driving through the desert in El Paso in the middle of the night during a lightning storm. I was with some of my best friends, and I just felt so happy.

My worst day is any day when I fight with someone I love.

I'm not around a lot, so fighting with people I care about when I hardly see them always sucks.

My best day was being nominated for two Grammys.

It was such an amazing moment.

The secret of life is being able to let go.

Don't worry or care what people think about you. It allows you to live life fully.

I've got no regrets.

You've just got to keep on going.

My biggest extravagance was buying my house last July.

It's a converted ballroom, with neon lighting all around the floor and roof. It looks like a strip club. But I've only been able to live there for a total of two weeks.

The biggest shock in my life was Boom Clap going to No.1 in America.

I was, 'Whaaat?!' when I heard, and I kept forgetting it had happened because

I couldn't think of it as real. Journalists were asking how it felt and I'd think, 'What are you talking about? Oh yeah, I didn't think that was real'.

I don't believe in the idea of a Christian God.

But I believe in some kind of afterlife. I'm undecided on what that might be. I think about death a lot and the idea of it really freaks me out. I believe in science, but I haven't delved deep enough into it all to be decided about God.

My favourite swear word is 'cunt'.

I'm into pussy power, so I'd like to reclaim cunt and make it mine. You can be very passionate when saying that word.

My turn-ons are house parties, pizza and great music.

And funny people, always. Bill Murray and Larry David are my dream guys.

My favourite smell is petrol.

I also like the new Moschino perfume Toy that comes in a bottle shaped like a teddy bear. I promise that's not product placement, I just really like it.

My least favourite word is 'flabbergasted'.

I also hate the word quiche. They're really unappetising to say and they just sound wrong.

Sex is important to me because sex is passion and sex is energy.

And it's just fucking great.

I'd like to be remembered as a pop writer who made a difference.

A difference to pop music and the time we're currently in.

"MY FAVOURITE SWEAR WORD IS 'CT'. I'M INTO PUSSY POWER, SO I'D LIKE TO RECLAIM C**T AND MAKE IT MINE. YOU CAN BE VERY PASSIONATE WHEN SAYING THAT WORD"**



Charli, In Fact

WHO?

Charli XCX was born Charlotte Emma Aitchison in Cambridge. She says the XCX initials aren't Roman numerals, but stand for "Kiss Charli Kiss". But she once told record bosses it represented the words "X-rated Cunt X-rated". She says she's too busy to have a bloke after she split with her older boyfriend of five years, 32-year-old Ryan Andrews, a filmmaker from Wales who directed five of her early videos.

WHEN?

While most teenagers were spending pocket money, XCX was persuading her parents to give her a loan so she could make an album. She released her first DIY record in 2008 and called it 14 because (no prizes for guessing) she wrote it aged 14. She put it out on her own label – which she called Orgy.

WHERE?

She began playing at illegal raves around London, where her parents would keep her company to make sure she got home in one piece.

WHY?

Industry big-dogs were originally talking her up as a British Lady Gaga. But since she ditched her more art-house teen goth look, XCX is being touted as the next Adele – something the same industry bosses would like very much if it came off.

WHAT NOW?

The junior raver turned rising pop hope was signed to Asylum/Atlantic (part of the Warner group) aged 16 and has already released albums *True Romance* and *Sucker*. She co-wrote Iggy Azalea single *Fancy*, which shifted more than 2.7 million copies in the US. Her other catchy, quirky piece of electro-pop *Boom Clap* was used in the soundtrack to teen weepie *The Fault In Our Stars*. Her bosses have given her just three days off this year and she's supporting Katy Perry on tour.

MOST LIKELY TO SAY

That her inspirations are a mixture of grindhouse and Quentin Tarantino movies and Björk. She also says her sound-to-colour synesthesia (in which heard sounds automatically and involuntarily evoke an experience of colour) makes her "see music in colours". She's said, "I love music that's black, pink, purple or red – but I hate music that's green, yellow or brown."

LEAST LIKELY TO SAY

"I want people to see me as a cross between Lady Gaga and Gwen Stefani."

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HEDONIST'S HANDBOOK

COMPILED BY
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BOOZE & BARS

The 2,000 Year Old Hangover

How to get a real head on by downing hallucinogenic beer.

A few pints might make you lairy or send you to sleep, but the one thing most people don't think it will do is get them high. However, a Bristol brewer has discovered the earliest beers made 2,000 years ago had the ancients tripping off their nut off - and he's reintroducing their recipes.

It turns out everyday herbs used in cooking such as rosemary, bay and sage can be as hallucinogenic as magic mushrooms when mixed with beer's staple ingredient, malt.

One brewer of hallucinogenic beer Andy Hamilton (below) first became interested in ancient beer recipes because they were cheaper to make.

"The monks wanted to keep these powerful beers to themselves," he says.



"They controlled the public's beer by introducing ingredients like hops that acted more like a sleeping potion." Hamilton's first experiment with mind-bending beer was with a rosemary and bay brew he served at a party.

"No-one wanted to go home," he says. "It was a really wild party and I knew I was on to something."

Hamilton began looking into ancient recipes in more detail, although an early experiment with wild lettuce caused him to be more cautious. "I infused it in gin," recalls Hamilton, author of the *Brewing Britain* book. "Although it only made me really tired, two friends were laughing uncontrollably. It turns out it basically had the same properties as opium and the side-effects included stopping your heart. That made me look more closely at what I was putting into it."

Hamilton's first commercially available beer, made with smoked juniper, won a major prize at the Beer Of Britain brewers' awards and his brewery Hamilton-Brown is now working on a more powerful beer made from wormwood and mugwort.

"Wormwood is the hallucinogen in absinthe," says Hamilton of the infamously powerful spirit. "But wormwood also has the same chemical make-up as sage, and no-one freaks out about sage making

IN A SCOTCH MIST
The government's first report into regional drink sales has confirmed the stereotypes are true - Scots do drink more whisky than anyone else in Britain. And cider sales in the South West of Britain are twice the national average.

40%

OF PUB DRINKERS WANT TO TRY ANOTHER BEVERAGE BUT SAY THEY DON'T KNOW WHERE TO START.

"THE HERBS USED IN COOKING CAN BE JUST AS HALLUCINOGENIC AS MAGIC MUSHROOMS WHEN THEY ARE MIXED WITH BEER'S STAPLE INGREDIENT OF MALT"

you trip out. Mugwort stops you sleeping and gives you lucid dreams.

"The rise of craft beer has led to a movement where people want to try something new. A survey showed 40 per cent of people going to the pub want to try a new drink, but don't know where to start."

To try Hamilton-Brown beers go to theotherandyhamilton.com.

034
DRINK036
DRUGS038
CLUBS040
SEX042
FOOD044
TRAVEL046
WORK

Watch Your Liver

There's more to Liverpool than The Beatles if you want to tie together drinking and music in the city.

If you've ever been to Liverpool for a drinking session, chances are The Beatles were involved somewhere along the way. There are plenty of pubs such as The Pilgrim that thrive on being seen as the lunchtime spot for John, Paul, George and Ringo back in the day. But in 2015, there are plenty of other options to tie together a tipple and music.

Liverpool's live band scene continues to thrive, with young up-and-coming talent such as The Sundowners (produced by The Clash guitarist Mick Jones.)

"The best thing about drinking in Liverpool is that it's so compact," says Timo Tierney, singer with Liverpool's biggest cult five-piece The Tea Street

Band. "In cities like Manchester, the best bars are far away from each other, but in Liverpool they're virtually all within walking distance."

Liverpool's pubs have been going through a rough patch, but the city is firmly on the comeback trail according to the singer.

Newcomers are advised to avoid the city centre itself - they're "all Wetherspoons and Walkabouts", notes Tierney - and instead start on Dale Street in the Commercial Centre district.

"If you can't have a good drink in Liverpool, the chances are you just don't like drinking," says Tierney.

Cheers to that. Here's our guide to the top five Liverpool boozer.

2009
TO 2012

THE THREE YEARS
LIVERPOOL WAS
NAMED ONE OF
BRITAIN'S WORST
ALCOHOL ABUSE
CAPITALS.

PUBBISH

BY FARMER HEALEY



01

BIER

A small bar that specialises in championing new, local music. If you want to hear the best tracks by Liverpool's talent while nursing a Hoegaarden, Bier is up there with the best of them.

02

THE DOVEY

Not only is this Penny Lane pub one of The Beatles' old haunts, but Freddie Mercury lived here in the 1960s with his pre-Queen band, Ibex. Keeping its musical heritage alive, it's got one of Liverpool's best new band nights.

03

BELVEDERE

Relatively far out from the drinking quarter near Toxteth, the bar is well worth visiting as the home of Liverpool Gin. It's the city's main addition to the gin scene - best served with watermelon.

04

THE SHIP AND MITRE

Riding the wave of popularity for sampling new tastes, this is probably Liverpool's best craft beer pub. The range of worldwide beers available is always extensive and always changing.

05

PETER KAVANAGH

Opened in 1840, it's named after an eccentric landlord who ran the pub from 1897 to 1950. During that time he installed two stained-glass windows originally made for Winchester Cathedral. The workers were paid in ale.



DRUGS

Not Exactly Ecstatic

The worrying rise in clubland of the fatal disco biscuit substitute PMMA.

Next time you read about a death due to ecstasy, check the small print. The chances are it wasn't ecstasy that was to blame but PMMA – a poisonous compound that's sold as ecstasy, which is often fatal. PMMA (Para MethoxynMethyl Amphetamine) was the cause of four deaths in Suffolk and Shropshire just before Christmas.

The fatalities were linked to a wave of pink 'Superman' ecstasy tablets that contained PMMA, and which have been revealed as the real reason behind around half of the last 100 deaths supposedly due to ecstasy in Britain.

PMMA gives a high closer to that from crystal meth's paranoid trip than

WHERE'S MY SARNIES?
Addled dad Lee Webb sent his three-year-old son to nursery with a dealer's kit after getting two lunchboxes confused. Webb, from Folkestone, has been jailed for four years.

the loved-up vibe of ecstasy. It first began appearing in Britain around four years ago, having first gained a foothold in Scandinavia. It increases the user's heart rate and blood pressure and, even in small doses, can bring on hypothermia.

PMMA is most easily disguised as ecstasy, so it's doubly unfortunate for users that it's at its most dangerous when mixed with E's chief stimulant, MDMA.

So users who think they're taking a safe, recreational dose of MDMA (methyleneoxy-methamphetamine) are really

ingesting a potentially lethal dose of PMMA, which causes the lungs to stop working when mixed with the MDMA.

PMMA is easily detected by drug-testing kits. So why were the pink Superman tablets not detected before it was too late? The simple answer is nobody knew PMMA was on the market and thought the pills were regular ecstasy tablets. But they should have known. The Superman pills originated in the Netherlands, where drug officials posted online warnings to users a week before the tablets began making it to England. Yet these

were ignored by the government. It was only underground drug campaign sites such as The Pill Report and UK Chemical Research that alerted users to the dangers. It's a scandal that drug research expert Caroline Chatwin of The University Of Kent says should easily have been avoided.

"The publication by the Dutch authorities of the dangers associated with these pills is an excellent example of harm reduction," says Chatwin. "It's one the British government should have implemented. Their failure to act means they must take some responsibility for the events that unfolded."

Ministers claim ecstasy production has decreased, yet drug campaign group Transform says use of the drug is actually rising. So where are users getting these extra tablets?

Former government adviser

Dr David Nutt, who was sacked in 2009 after criticising its clampdown on cannabis, is clear.

He said, "The rise of PMMA shows how prohibition of one drug leads to greater harm from alternatives designed to overcome the block in trade."

"THE GROWTH IN USE OF PMMA IS JUST ONE OF MANY EXAMPLES OF HOW THE PROHIBITION OF ONE DRUG LEADS TO GREATER HARM FROM ALTERNATIVES"

27
UK DEATHS A YEAR FROM ECSTASY.

034
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WORK

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THE PRICE OF A
HIT OF 'POOR
MAN'S COCAINE',
SHISHA.

Shisha Fire

The continuing menace of Greece's cheap and very nasty "Poundland coke".

Just because a drug is no longer in the news doesn't mean it's going away. That's the case with Shisha – an especially vicious form of crystal meth that continues to wreak havoc in Greece. Shisha first hit the headlines in 2012, when it was reported Greece's homeless population had begun buying the drug for just £1.50 a hit.

Its high is similar to cocaine, only stronger and longer-lasting. But its side-effects make coke paranoia look a breeze.

One of the chief reasons that Shisha is so cheap is because it's so easy to make. Unlike the sophisticated Breaking Bad labs cooking up ever-more sophisticated formulae, Shisha can be made at home with no prior knowledge and not so much as a GCSE in chemistry to get started.

Its basic ingredients are toxic enough, but Shisha is also regularly cut with shampoo,

engine oil and battery acid. Little wonder, then, that the side-effects include aggression, violent stomach cramps and, worst of all, a psychosis that makes users commit mindless violence.

In every sense Shisha (its name derives from the Greek for glass) was an austerity drug. Not only was it bought by Greece's most poor and vulnerable, but it was created at a time when drug charities in the country were struggling to cope with cutbacks and unable to alert people to Shisha's perils. Shisha heightens sexual desire – only briefly, but still long enough to help get some of Greece's prostitutes hooked on the drug as it helped make their jobs seem more bearable if they were a bit randy. Pregnant sex workers in the grip of Shisha addiction giving birth on the street isn't unheard of. 'Experts' say Shisha failed to

spread into the rest of Europe, and the most recent reports on its menace date back to 2013.

Yet while the substance has managed to be contained largely to Greece's homeless and poor, it remains a big problem for those who can't afford any other way of getting high. Greece's economy has shown some signs of recovery since it first began to seriously struggle in 2009, but it's still far from pretty. Around two per cent of the population emigrate each year – mainly doctors and academics to Britain and

DRONING ON

Terrorist-fighting drones are the latest aid for drug dealers. A drone crashed recently near the US/Mexico border containing six packets of meth.



"SHISHA IS CUT WITH SHAMPOO, ENGINE OIL AND BATTERY ACID AND MAKES USERS COMMIT MINDLESS VIOLENCE"

Germany. Among Greece's record numbers of jobless people, youth unemployment is at a frightening 50 per cent. In that climate, it's small wonder that, while those with options are looking elsewhere, the vulnerable are seeking other methods of escape. One drug agency worker said, "Shisha isn't as widespread as it was in 2012, but it's still here. You can't un-invent something this bad and when it's so easy to make it's always going to be a problem, unless something of a miracle happens to the economy."

The biggest miracle is that Shisha hasn't taken hold elsewhere in Europe. Information about its paralysing effects seems to have prevented other countries from getting it to take hold. That isn't much consolation for poor Greeks.



CLUBS

Down With The Kids

Could New York's craze for toddler DJ schools take off in the UK?

It sounds like one of Chris Morris' more serene imaginings, or an unusually cuddly episode of Louis CK's *Louie*.

A new club night in New York has been designed for toddlers that offers DJ lessons for three-month-old babies.

It's the brainchild of veteran NYC DJ Jesse Sprague and his wife, nightclub manager Jenny Song.

Their monthly £13-a-pop CirKiz club nights in NYC's meatpacking district provide an early taste of getting on one for 300 kids from 1pm to 5pm.

Instead of cocktails and glowsticks, it's juice boxes and friendship bracelets everywhere. Kids come dressed as superheroes and princesses, looking no different than the average Bestival fancy-dress costume-wearers.

DJ Alden, the resident boy on the decks, is Sprague and Song's eight-year-old son. Their younger boy Jalen, six, has also begun DJing at CirKiz.

"CirKiz started when we hosted a birthday party for Alden at Cielo," says Song, a former manager at Cielo,



one of the clubs where CirKiz is held. "So many parents said their children had a great time that we thought we could expand it into something bigger.

Besides, clubs are great buildings that stand empty all day long. Why not put them to good use?"

The music policy is that kids play standard electronic dance such as Above And Beyond and Deadmau5. Songs with swearing are a no-no says Song.

"We play the tracks a little quieter to protect the children's ears," she adds.

Another regular DJ at CirKiz is Natalie Elizabeth Weiss, whose Baby DJ School runs classes for nippies aged three months to three years.

She also encourages CirKiz's junior clubbers to try their hands on the decks. It's proof the average one-year-old is probably a better turntablist than Paris Hilton and, as Weiss says, "Babies are exposed to music and singing as soon as they're born. The skills of a DJ are all part of that."

Weiss, a longstanding alternative musician who's worked with leading US indie bands such as Dirty Projectors, charges £130 for her eight-week

course, and has opened branches of the kiddie DJ classes in Berlin and Taiwan.

Sprague and Song, meanwhile, plan to launch a CirKiz music festival in New York as well as the brand's own range of clothing.

But is it all massively self-indulgent? Is this just a twee way for rich hipsters to spoil their kids?

Not according to Philip George, the Nottingham DJ whose track *Wish You Were Mine*

recently reached No2.

"The younger you encourage people into clubs, the more you get kids into underground culture," says George. "If kids get to see dance music as a hobby

the same as football or gaming, then why not go for it?" Having started out as a DJ when he was 16, George is jealous of the idea of Baby DJ School.

"I wish it had been around when I was a kid," he says. "Who knows what mad sounds I'd be creating now if I'd played turntables all my life?"

£13
PRICE OF A NEW YORK DJ CLASS FOR THREE-MONTH-OLD BABIES.

TIESTO'ING TIMES

DJ Tiesto is fed up of the different titles in dance music. "I wish we could go back to using the term Electronic Dance Music for all dance music," says the dance overlord.

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WORK

It's Not A Krewella World

In an industry dominated by men, it's time to meet the world's hottest female DJs.

Considering how house music began by trying to spread universal love just like rock in the 1960s it's amazing how homogeneous DJ culture remains 30 years since it kicked off.

A look at a recent list of the world's top 100 DJs shows an astonishingly small number of female turntablists – there's just two. Veteran Aussie twins Nervo are



“A WOMAN DJ MIGHT BE AFRAID OF OTHERS JUDGING HER SEXUALITY – OR LACK OF IT – IF SHE’S BEHIND THE DECKS”
FEMALE TURNTABLIST JAHAN YOUSAF

at No21 in a list compiled by DJ Mag.

And, at No23, there's the rapidly-rising Chicago sisters known as Krewella.

Two female acts among the endless parade of guys in the top 100 seems astonishingly low. But, having started out in clubs five years ago, Krewella sisters Jahan and Yasmine Yousaf, *left*, find it easy to answer why women are still in the DJ minority.

“Fear,” says elder sister Jahan, 25. “There's no doubt females are in the minority in dance music, and that fact alone can induce more fear. A woman DJ might be afraid of others judging her sexuality – or lack of sexuality – if she's behind the decks.”

Her younger sister Yasmine, 23, adds, “It takes decades for attitudes to shift, and hopefully we'll see an influx of influential, powerful women DJs in our lifetime.”

Influenced by dance mavericks such as Daft Punk, Skrillex and French pioneers

COMMON KNOWLEDGE

Bestival founder Rob Da Bank has launched a brand new festival, Common People. Clean Bandit and Fatboy Slim will be the headline acts when the first event kicks off at Southampton Common on May 23th and 24th.

Justice, Krewella admit they didn't expect their own hard-edged tracks such as *Killin' It* and *Live For The Night* to take off.

“We didn't expect our budding fanbase,” insists Yasmine. “It forced us to jump into the ring of fire and learn how to play our songs. But that entertainment aspect is an outlet to discover

what's effective in getting a crowd rocking. It's cathartic for us.

“We've come to realise that being female in this industry is a responsibility,” she adds. “Given the global following we

have, we feel it's our duty to empower other females to work hard despite any discouraging stereotypes.”

Working on the follow up to 2013's debut album *Get Wet*, the pair cite rockers Linkin Park, Imagine Dragons and System Of A Down as their dream collaborators.

“It'd be an honour to break through in the UK mainstream,” enthuses Yasmine. “By the time anything bubbles over to the States, it's already mainstream to Britain. If Krewella go mainstream in the UK, it'd mean you'll have had the foresight to tap into a unique, hip sound.”

02

THE NUMBER OF FEMALE ACTS IN THE WORLD'S TOP 100 DJS.



SEX

Lust

What's it like going from starring in adult movies to directing them?

Through A Lens

When Madison Young began starring in porn films aged 21, she already had her eye on getting behind the camera, having majored in theatre at college in Chicago. Far from the stereotypical image of the exploited porn actress, Young, *below*, insists pornography was just another way to express herself.

"It provided me a safe container to explore and study human sexuality," says Young at her home in LA.

"Meanwhile, I experienced life-



changing sexual encounters – and got rich. It's intriguing material for work as an artist."

She directed her first film Bondage Boob Tube in 2005 and says, "I haven't put the camera down since." Specialising in bondage and S&M movies, Young reckons all porn directors should take their turn performing in films first.

"I've performed in hundreds of scenes, and that's given me great insight into what I value on set," she says. "That experience allows me to look out for the physical and emotional needs of my performers, and they feel empowered by the environment I create with the film crew."

Having directed 41 films, Young, now 34 years old, is a veteran of the industry. She's about to host the first erotic film school – a three-day seminar

in San Francisco teaching budding directors how to make ethical porn, where the needs of the performers come first.

"More women consume porn than ever," Young adds.

"That's huge. More women, feminists and homosexuals and lesbians and transgender people are directing what turns them on. It's awe-inspiring to see such momentum in feminist pornography."

The way people consume porn has changed massively during Young's 13 years in the industry, but she insists it's led to greater diversity and the days of the bored, fat white dude behind the camera are over.

"There's so much diversity now in directors," says Young. "That's partly down to technology. I shot an award-winning scene with French

THE HIGH PRICE OF PORKING
Dorset couple Peter Cousins and Dawn Reed did it in a natural spring in Nevada. Then Cousins had a heart attack and faces a £165,000 medical.

MADISON YOUNG'S PHILOSOPHICAL GUIDE TO MAKING VISIONARY PORN MOVIES

01

DREAM BIG
"Close your eyes and dream your film. What do you see? What is it that inspires you? Give yourself some time to really envision your film."

02

NAVEL-GAZE
"Ask yourself what is your motivation to create a porn film? What do you hold close to your heart that you'd like to see presented in a film?"

03

BUILD YOUR TEAM
"Finding the right team members is essential. Use social media to reach out to other indie film-makers and performers."

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"I DID A PORN FILM CALLED KINKINAPOLIS WHERE I WAS TRANSFORMED INTO AN ANALLY POWERED, MOTORISED RACING CAR"
PORN DIRECTOR
MADISON YOUNG

performer Judy Minx and her friend Emily on my iPhone last year." As well as writing her upcoming manual The DIY Porn Handbook, Young hopes to work in the mainstream film industry. She's finished writing a screenplay based on her autobiography, *Daddy*, and says, "I'm excited to bring the conversation around sexuality and feminism into the mainstream film world."

Her idea of mainstream may be slightly different than Hollywood's though.

"I did a film called *Kinkinapolis* where I was transformed into an anally-powered, motorised racing car," she laughs.

"Basically, I was strapped into a fucking machine on wheels. As the dildo pumped in and out of my anus, the machine propelled forward around the racetrack. The whole scenario was so hilarious."

04

NEGOTIATE
 "In any relationship, communication and negotiation play a key role. That includes the unfolding of someone's sexual self on camera."

WIT & WISDOM



Stand-Up Sarah Silverman Sniffs Out A Modern Sickness

"Girls grow up so fast now. They don't have childhoods anymore. They're sexualised so early. A girlfriend of mine has a little baby girl. I changed her diaper – and she was totally shaved. At just six months old! What a country. That's my new catchphrase: 'What a country.' I know people said it in the 1980s, but I'm repurposing it with a malaise. I want to shake girls now so hard. You don't need a vaginal deodorant, OK? I know it seems like a real thing, because there are commercials and we trust those. There are real products on shelves, but, no. It's a made-up need, invented by greedy, money-addicted, faceless corporations preying on a woman's greatest insecurity: the smelly vagina. If you use regular soap and water, you're fine. Use whatever you wash your asshole with, how about that? Surely that's strong enough for your disgusting vagina. Rinse, and if, when you get out of the shower, there's still something rancid coming? Go to the doctor. Don't just spray perfume on it. I'm lucky I don't have to worry about that, because I'm peachy. I've been with a few men who tell me my vagina smells like a peach... or a peach-tree. Oh, or maybe they were telling me it smelt like a petri-dish? It's not all the fault of corporations, we have to take responsibility too. We shit on ourselves, scrutinise ourselves and we think that self-deprecation is modesty. It's not, it's obsession. You shouldn't have time for it. Do you think Mother Teresa walked around complaining that the tops of her thighs touched? OK, they didn't. She was stick thin, the fucking bitch. But she was busy, she had shit to do."



FOOD

No Bay Back

How the mid-market Turtle Bay chain is fast becoming the next Nando's.



Whether you think Nando's is just a slightly classier version of McDonald's, or the perfect spot for a post-modern and ironic first date, there's no denying the king of peri-peri drenched poultry has pitched itself perfectly in food's mid-market.

Nando's place as the king of spicy, not-quite-fast-food for everyone from plebs to Black Card-carrying celebs including Beyoncé and David Beckham has gone unchallenged for years.

Until now.

Since the first branch opened in Milton Keynes in 2010, Turtle Bay has quietly been establishing Caribbean cuisine as a mass-market option of a

similar unfussy but reliable quality to Nando's. Opened last September, its first London branch was the 13th Turtle Bay in its chain. That it's in Ealing – the same westside suburb where the first

Nando's in Britain opened in 1992 – is probably not a coincidence.

Another London branch in Walthamstow, midway between hipsterville and east London's genuine urban residents, is opening soon, as well as several more nationwide.

Started by Ajith Jayawickrema, the founder of the Las Iguanas chain, Turtle

Bay deserves to succeed for spotting an obvious-with-hindsight gap in the food market and executing it neatly.

But there are worrying portents for Turtle Bay.

Las Iguanas soon went from reasonable Brazilian cuisine to cheesy cocktail bar with food as an afterthought.

It looks like Caribbean cheese may also be on the menu at Turtle Bay. Job applicants for its Nottingham branch were forced to perform such cultural stereotypes as "shaking cocktails in time to Bob Marley and limbo dancing".

But Turtle Bay seems to work. Staff at the Ealing branch are

genuinely welcoming even though it was already rammed at 6pm when I visited (the Ealing spot is booked for the next three weeks on Fridays.)

Unlike the theatricality of the varying hotness at Nando's, at Turtle Bay each spice seems to earn its place, whether it's the scotch bonnet chilli kick in a saltfish patty starter or how mango, coconut and orange leavens out the fire of their jerk pork. At £10 to £14, mains aren't dirt cheap, but you won't need side dishes. Indeed, the possibly lead-lined dumplings are the menu's only major downer.

The 'one pot' stew options are generous without sacrificing any quality, especially on the mango and shrimp. There's also a hearty goat curry. The other main menu section focuses on jerk cooking, with a double-dipped steak superbly balanced

on the edge of, "I've never felt so alive", and, "Call an ambulance".

A word of warning – as moreish as Turtle Bay's fruity cocktails are, notably the banana liqueur-based Hummingbird, do not have one and a dessert, unless you want to wake up in A&E in a sugar coma.

"JOB APPLICANTS FOR TURTLE BAY IN NOTTINGHAM HAD TO PERFORM SUCH CULTURAL STEREOTYPES AS SHAKING COCKTAILS IN TIME TO BOB MARLEY SONGS"

13

BRANCHES OF
TURTLE BAY
NOW IN
BRITAIN.

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WORK

You Dirty Burgers

Forget the fad for greasy food - it's now time for us to axe putrid meat patties.

It was the Devastator Burger Challenge that finished me off.

Served at the Red Dog Saloon in Clapham, it's as tall as an average two-year-old and made of oozing evil: six rashers of bacon, an 8oz steak patty, six slices of cheese and a mighty 200g of pork. It was pulled pork, naturally.

It makes Burger King's XL bacon double-cheeseburger resemble an appetiser.

The Devastator challenge costs £27.

If you're paying by the pound, that's reasonable value. And it's less than the price of a good thrashing off Miss Whiplash, whose humiliating stares are just as harsh as the looks the Red Dog crowd will give you if you can't finish the challenge. But for £27 you want the meal of your life - not something that's got an

80 per cent chance of making your next six craps look like Dalí paintings of melted cowpats.

Really, if you need a bib to eat a meal as an adult, you're making some questionable life choices.

By no means is the Devastator unique among dirty burgers - it's just the ultimate example of a food fad that's meant hipsters' skinny jeans have begun looking even tighter of late.

The trend for dirty burgers was probably born from a justifiable longing for escape from trying to be so damned perfect all the time.

We know to stay hydrated on two litres of water a day, go to the gym and drink in moderation. But where does our release come from?

You can't really stomach drinking those craft beers by the bucketload, and it seems as if pigging out on meat is the only option left.

So the dirty burgers served up in deliberately faded joints such as Meat Liquor began taking hold.

Oozing like animatronic props left over from a Saw film, the burgers are literally dirty, as you need a whole kitchen roll to mop yourself and the table down afterwards. But they're ethically

£27

COST OF 'THE DEVASTATOR' BURGER CHALLENGE.

PUBBISH BY FARMER HEALEY



sourced, so we think they can't be that bad for our health. Yet we're reducing ourselves to acting like medieval royalty - tossing greasy serviettes instead of chicken legs contemptuously over our shoulders as we belch out orders for more onion rings.

As amusing as Man Vs Food was for about five minutes, until recently it's something we'd have laughed at for how those "crazy Americans" live. Now, we're trying to emulate it and coming over as a little desperate in the process.

Britain just doesn't have the same diner culture as the US, so there's no base level to gauge what is normal anymore. The burgers get ever-bigger - but hopefully so-called 'Gigantoburgers' are surely the end of the fattie fad. If they're not, we're in a race to the grave.

NASTY TO MEAT YOU
Brits are eating less meat, according to a survey for Eating Better Alliance. For health or financial reasons, we're eating 20 per cent less of the stuff. Morrissey will be chuffed.



EXTREME TRAVEL

Gandom Beryan

Holidaying in the hottest and coldest places on Earth.



Sun cream isn't the answer in Gandom Beryan in the Iranian desert of Lut. Temperatures reach a sweaty 71°C at the 480 square kilometre (190 square mile) plateau. The surface is covered with a mysterious-looking dark lava and resembles a landscape from David Lynch's *Dune* movie.

Its name means "toasted wheat", after a local legend that a wheat crop spontaneously burst into flames after it was accidentally left there for two days. In the eastern part of the Lut desert, where Gandom Beryan is located, very little vegetation grows and nobody is crazy enough to melt off their bits by trying to live there.

It's littered with ravines and quicksand, with sand dunes among the tallest on Earth at 300 metres high.

Lut is unspoiled precisely because



MYSTERY Nobody knows if Gandom Beryan's lava is from an active volcano.

nobody has tried to start any industry there, so the landscape looks the same as it did thousands of years ago. And if it's bleak beauty you're after, Lut could inspire anyone to take up writing poetry. Its dried-out Salty River is festooned with beautiful salt crystals and alien-looking desert plants. It's a long way to go for a nice snack, but the local Shahdad dates are incredibly sweet.

The hotter it gets, the more stars can be seen in the sky and Gandom Beryan is even hotter than the surrounding regions because its dark lava attracts the heat. Debate rages in the region as to whether the lava is from a still-active volcano.

The majority say the volcano there isn't active.

Active or not, it's so hot tourists will experience mirages from tripping out in the heat.

It's those brave travellers who are slowly starting to change the face of

HOW TO GET THERE
A 10-day all-inclusive trip to Iran including six days in Lut is available for £2,668 per person from Iran travel specialists allventure.at.

480km²

SURFACE AREA OF THE GANDOM BERYAN PLATEAU.

Lut. Around 2,000 people a year now spend a night at its desert tourist camp, which includes 34 tents, sanitation water, electricity and - most jarring of all in the ancient landscape

- a paved road. Iran's tourist head Mohammad Ali Inlanlou believes Lut tourism can be expanded further.

He said, "It's a beautiful region, and could be used to teach about Iranian heritage and our handicrafts."

Tourists are only allowed in during certain months when Gandom Beryan's temperature is relatively bearable.

As well as sweltering in the heat, holidaymakers can go sand skiing, sandboarding and hiking - and ride the steep sand dunes.

They can also visit the impressive permanent sandcastles, which are sturdier than the ones your parents made at Bournemouth beach that one time.

70.7°C

TYPICAL SWELTERING TEMPERATURE IN GANDOM BERYAN.

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The Soviets deported people to Siberia for a reason – it's isolated, quiet and very cold.

Oymyakon



When the Cold War was at its height, anyone protesting against the Soviet Union's brutal regime would almost certainly be deported to Siberia to face back-breaking labour in unimaginably freezing conditions.

The mention of Siberia today still sends a chill down most people's spines, and not because of the nippy temperatures.

What went on there until the Soviet Union dissolved in 1991 was as sick as any dictator has inflicted on a population.

In keeping with the brutal history, in the middle of Siberia lies Oymyakon – officially the coldest place on Earth.

It has a population of 500 and includes one solitary guesthouse.

Going there has become a badge of honour for hardy tourists.

It sounds somewhat unlikely, but Paris



HARSH Burying the dead can take days as the ground is frozen.

Hilton (and her ever-present Pomeranian) stayed at Oymyakon's guesthouse in 2008, while Burt Reynolds and Khloe Kardashian have also signed the guestbook.

Temperatures fall to an average of -52C in winter. The coldest recorded day plummeted to a parky -71.2C in 1924.

There's no mobile reception, and even if there was, Oymyakon is too cold for smart phones to work.

It's best not to be the only speccy in the village either, as glasses regularly freeze to people's faces.

Pen ink also often freezes too, and residents usually leave their cars running all day in case they can't get them started again.

Burying a dead body takes three days, as diggers have to deal with a cycle of waiting for the earth to thaw and then adding hot coals to defrost more ice before it's deep enough to accommodate a corpse.

Oymyakon was originally a stop-off for reindeer herders, but was established in the 1940s as a permanent village by Soviet authorities who wanted to keep the

supposedly backwards nomads in one easily-controlled environment.

It's not all doom and gloom.

Oymyakon means "never-freezing water", as there's one hot spring in the village that tourists can plunge into to get warmed up.

Standing around in Speedos waiting your turn can be a challenge, mind. And if you want to miss the point of going there, in summer temperatures often climb to 30C.

A six-day package holiday by specialist travel firm Visit Yakutia includes two nights in Oymyakon.

Oymyakon's main landmark is the Pole Of Cold, which officially marks it as the coldest place in the world – complete with thermometer.

It's recommended you visit the sauna after seeing that sight. Other aspects of the trip include a drive along Kolyma highway, a road through the beautiful Verkhoyansk mountains. Though the scenery is somewhat spoiled by learning that Kolyma is known as "Stalin's road of bones" because so many gulag prisoners died building it. Ironically then, it's not exactly a chill-out trip.

HOW TO GET THERE
A six-day basic package for four people is £589 per person from visit-yakutia.com. An all-inclusive eight day trip for four people is £879 per person.

500

POPULATION OF OMYAKON, WHERE THERE IS ONLY ONE GUESTHOUSE.

-71.2°C

THE ALL-TIME LOW TEMPERATURE RECORDED IN OMYAKON, IN 1924.



SURVIVING WORK

Apprentice To Master



The Apprentice runner-up Bianca Miller on boardroom battles of the sexes.

In amongst The Apprentice's usual parade of whackjobs, the most recent series' runner-up Bianca Miller was a calmer kettle of fish.

The Londoner was fired, yes. But she was more professional and savvy than the rest – and sounded like someone to whom you might entrust a business plan.

Her firing may have worked out for the best anyway, as in the three months since the BBC1 show ended, Miller has quietly returned to heading up The Be Group, a consultancy that advises individuals and businesses on how best to present themselves for the next job, whether it's honing a CV or how best to dress for an interview.

Long before Miller met Lord Sugar, The Be Group was named one of Britain's 100 key start-up businesses.

But the 26-year-old is all too aware that the glass ceiling for women in business isn't shattering any time soon. "It's a real shame gender is still such an

issue in 2015," says Miller.

"Positive discrimination is good but, by now, that balance between men and women in work should have been in place. We should have arrived at a situation where there was no room for doubt that women are being employed on any foundation other than merit

and have no need for positive discrimination."

Miller's own experiences in The Apprentice highlighted the lack of emotional options available for women in business, notably when people said they only got to see "the real Bianca" after she cried in the semi-final's interview process. "It's sad that businesswomen are seen by some people either as unemotional or fluffy," she sighs. "I wasn't prepared to come under attack for how I am as a woman,

and it's sad that people felt they needed to see my emotional side to realise I'm a woman."

Miller is as warm and engaging as she is level-headed and evangelical about helping out jobseekers.

"Some people feel they should know all about how to get a job instinctively," she says. "But you can always develop yourself, get someone looking at you and objectively say, 'That's great, but maybe work on yourself here'.

Working with schools as well as corporate clients and individuals, Miller admits, "As a young woman, you have to prove yourself a bit more. You need to demonstrate you can do the job you say you can do. A man with a few grey hairs can open those doors a bit quicker.

"But I think organisations like working with women."

MILLER'S TOP 3 TIPS FOR EMPLOYEES

01 BEEF UP YOUR INFO ON LINKEDIN

"If you're going to have just one social media page for work it has to be LinkedIn. A lot of people just write their job title and don't explain what it entails, so get a meatier profile."

02 PACK IT TIGHT

"We use the acronym PACK: Presentation, approach, communication, knowledge. Those are the key areas in creating a good personal brand and marketing yourself the right way."

03 TALK UP ALL OF YOUR JOB SKILLS

"Some people in a firm do things on a day-to-day basis. It becomes so natural they don't realise it's a skill they've acquired. They don't realise they're doing a great job already."

MR RIGHT?
Mark Wright beat
Miller in the
2014 final.



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Comic Relief

I tried to help the victims but there was so much blood that I felt sick and had to leave. I'm sure they'll be okay when a different ambulance driver arrives.

A BUSINESS IS LIKE A TREE FULL OF MONKEYS. THE MONKEYS ON TOP LOOK DOWN AND SEE A TREE FULL OF SMILING FACES. THE MONKEYS ON THE BOTTOM LOOK UP AND SEE NOTHING BUT ASSHOLES.

A chap goes to his local council for a job. The interviewer asks him, "Have you been in the armed services?" "Yes," he replies. "I was in Iraq for two years." The interviewer says, "That will give you extra points toward employment," then asks, "Are you disabled in any way?" The guy says, "Yes, a land mine blew my testicles off." The interviewer tells the guy, "Ok, I can hire you right now. The hours are from 8am to 4pm. You can start tomorrow. Report for the job at 10am." The guy asks, "If the hours are from 8am to 4pm why do you want me to come in at 10am?" The interviewer replies, "This is a council job. For the first two hours we sit around scratching our balls... and there's no point you coming in for that."

I Feel Like Chicken (Tasting) Tonight

One of KFC's chicken tasters reveals whether her job is a dream or a nightmare.

Getting paid to taste fried chicken for a living. Next to footballer, rock star and booze-sampler, it sounds like pretty much the ideal way to get paid for a hobby. But is life tasting chicken for KFC an idyllic life of guzzling hot wings drenched in tasty gravy? Or do you end up waddling into a care home after six months, too fat on family buckets to be any use to your family?

Monica Pool has been a taster for the Colonel for three years, and insists her life is finger-lickin' good.

"I don't get to taste chicken every single day," says Pool, officially a marketing manager who's in charge of bringing new products onto the market for KFC. "But if I've had a day of doing presentations and

KFC'S
18,857
OUTLETS
IN
118
COUNTRIES
MAKE IT
WORTH
£3
BILLION

showing slides, by the end I'll be craving chicken."

Pool and her team both try out possible new recipes and go on "food safaris" – testing out what other chicken restaurants are up to.

"We're seen as a blow-out option, a Friday lunchtime treat," Pool admits. "The trend for healthy eating isn't going to go away, and it's down to us to present our customers with more healthy options so they want to come in on a Tuesday or Wednesday too."

To that end, Pool is helping KFC develop a pulled chicken rice box, after she launched the pulled chicken burger.

"It takes 18 months to launch a new product," explains Pool, 36. "I'm there every step of the way – it's frustrating finalising those last few steps, but a really tasty experience too. We make sure our testing rooms have the same supplies as our restaurants, and the most fun part of the job is tasting the chicken there."

But does she know the secret recipe for KFC's infamously guarded '11 secret herbs and spices'?

"Hell no," she frowns. "No-one does. It arrives ready-prepared and the recipe is kept in some high-security vault in the American head office." As keen as Pool is, she admits she worries about "how I've got a reputation as the chicken queen". Pushed harder about how much she really loves poultry, she confesses, "If I'm at a restaurant with my husband, I rarely go for chicken."



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ACADEMY AWARD® WINNER
NICOLAS CAGE

DYING OF THE LIGHT

A SECOND CHANCE
TO *FIND THE TRUTH*

Directed by the legendary Paul Schrader and executive produced by cinema wunderkind Nicolas Winding Refn, **DYING OF THE LIGHT** explodes onto **BLU-RAY AND DVD** on March 2nd. We have teamed up with Signature Entertainment to give away

10 **BLU-RAY** copies of the film.

To win send an email to competitions@loaded.co.uk with your answer to the following question.

Which of the following is NOT a Nicolas Cage film?

- A *Dying Of The Light*
- B *Face/Off*
- C *Skyfall*

TERMS & CONDITIONS
The closing date of the 10 prize draws is March 31st, 2015. No alternative prizes will be offered. Winners will be selected at random within five days of the closing date and prizes sent within one month.



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WORLD EXCLUSIVE COLUMNIST

Uncle Nice

Howard Marks, infamously known by the alias of Mr Nice, has seen it all and smoked it all. In his first column as Loaded's new Agony Uncle, written as he battles cancer, he shares advice on depression and dope addiction.

Dear Uncle Nice,

You're a man of the world and I've heard the sad news about your cancer diagnosis. I've been feeling extremely depressed lately and think the world's going to pieces. What's the point of anything?

Steven, Glasgow

Dear Steve,

Depression is a state of mind, which seems obvious really when you say it. But like a lot of obvious statements, there's a kernel of truth at the heart of the saying. Take a quiet moment and listen to your voice within. What's the first thought that pops into your mind? If you are depressed, which I'm sure you are, the first thought might be something like, 'There's no

"I was diagnosed with inoperable bowel cancer and have been told nothing can be done to stop the disease. But I'm not depressed - think about that"

point to anything', or, 'I am worthless'. It might help to write down that thought, or write down the first 10 thoughts that come into your mind. But you can counter those negative thoughts with your intelligence. So write down why the thought that is making you depressed is utter bullshit. The answer may be, 'OK, it seems like nothing has a point, but loads of things do', or, 'My mum loves me, my flatmate likes having me around and I give three quid a month to a homeless charity'.

Whatever the answer, there is some point to your life because life is a joyful gift. If you feel badly depressed then seek out help: take up a yoga class, take a walk in the park or just get out of bed. It's only by doing things that we remember why we are all here - to live. I was diagnosed with inoperable bowel cancer last autumn and have been told nothing can be done to stop the disease. Thanks for your kind words about my illness, but I'm not depressed - think about that.

Dear Uncle Nice,

I've been reading about Prince Andrew in the papers. What do you think should be done with the Royals? I'm raging because they're leeching off our tax.

Dave, London

Dear Dave,

The Royal family is like a pantomime. I don't love the fact one family gets so much privilege - but on the other hand,

who gives a shit? And good luck to them. I wouldn't want to swap lives with Prince Andrew or any of that bunch for all the hash in Nepal.

So forget the Royal scroungers and get on with your life - and anyway, who would be elected president if we didn't have them? Tony Blair, or some other politician? At least the Royal family haven't got any real power.

On the other hand, if we did have an elected president, I think my face might look rather good on the stamps - or yours, Dave. We could take it in turns.

Dear Uncle Nice,

My new girlfriend says she'll stop having sex with me unless I stop letting my dog sleep in the bed. I have had my dog six years and I can't bear to boot him out of the bedroom. How do I get around this?

Andy, Kent

Dear Andy,

Who do you fancy more? Your girlfriend or your dog? Think on that. Or, have sex with your girlfriend in a different room.

Dear Uncle Nice,

I lost my job and I feel like shit but am getting paid for the next three months as part of the severance package. What should I do to cheer myself up?

Kevin, Manchester





Dear Kevin,

You're getting paid for the next three months and you don't have to go to work? I'm sorry, but I fail to see the problem. This is the perfect opportunity to do what you've always wanted to do: write a book or hitchhike to Istanbul.

Just don't waste three months watching daytime TV.

Take it from me – life doesn't often throw you the chance to live your dreams. You have an amazing opportunity Kevin, so go for it – while someone else pays the rent.

Have you thought of moving abroad? Three months' money should be enough to set yourself up somewhere exotic, and as I have discovered many times, there are always opportunities abroad for a smart young man with an eye for an opportunity.

Dear Uncle Nice,

My perfect night in is a bottle of wine and a take-away followed by sex. But my wife says I need to get out and be more of a cultured man. I just can't be bothered. What should I do?

Lee, Essex

Dear Lee,

Get a new wife.

Dear Uncle Nice,

I think I'm developing an addiction to cannabis. I'm in my twenties and can't

"I've recently given up dope again because of my illness. But I love the effects of cannabis. One of my favourite things in the world is to wake up, get really stoned and then go back to sleep"

stop smoking it. If anyone can offer me some advice on whether to stop or just carry on, I think it's you.

Rich, Essex

Dear Rich,

I suppose it depends on a couple of things. What do you do for a living?

If you are an airline pilot, for instance, I would say you might want to look at knocking it on the head.

If, on the other hand, you have a job that is compatible with being stoned a lot of the time, like being a musician say, then perhaps you should focus on how you feel. It sounds like it's making you anxious so just stop and find out if you are addicted, or not. I went seven years without dope when I was in prison in the States. If I can do it, so can you.

Sometimes, you get higher from not doing something than you do from doing it. I've recently given up dope again because of my illness and the situation reminded me of the quote from someone who said, "It's always good to be giving up something." It is a good feeling.

But I love the effects of cannabis – that much should be obvious. In fact, one of my favourite things in the world is to wake up, get really stoned and then go back to sleep. But if I'd done that every single day without fail I'd have been unlikely to have become a best-selling author, a performer of hundreds of sell-out shows or, indeed, a successful drug smuggler (well, successful until I got caught, of course.)

And don't forget addiction to anything is only a problem if you can't get the shit. We're all completely addicted to oxygen, but no-one criticises the use of that. Most drugs come from plants, and most plants are very cheap and easy to grow. But as illegal drugs have to be sold on the black market, those who trade in them risk being sent to prison or fined. Some people cannot afford to buy the artificially expensive drugs they want to take and resort to theft. It is only within the context of prohibition that addiction becomes a problem.

So, maybe you should grow your own! 

EMAIL howardmarks@loaded.co.uk





SLAVE
Eugene
aged 16 after
his arrival
at Auschwitz,
left, and,
above, aged
19 after he
was freed.



SURVIVOR
Eugene today,
aged 87.
He says his
British wife
gave him
fresh hope.

GREAT MOMENTS IN LIFE

“The Day I Was Released From Hell”

AS TOLD TO
John Earls

PICTURES
Yad Vashem: Auschwitz
Album & Dr Lee Stow.

Czech schoolboy Eugene Black was 16 when his family was taken to work as slave labourers by the Nazis. He tells how the scars he got at Auschwitz and Bergen will never heal.

I had a really happy childhood in Czechoslovakia, before the Germans declared in 1938 that our suburb was part of Hungary.

Six years later, when I was 16, I came home from school to see a German truck outside our home. I saw an SS officer hit my mother across the face as my parents and two sisters were forced onto the truck.

When it stopped, we were ordered onto a cattle train and taken to Auschwitz.

I was separated from my family and never saw them again.

My head and all my body hair was shaved off and I was tattooed with my own prisoner's number – 55546. To this day, I can't explain how I felt.

I was 16, a normal boy who had never known any trouble and now I was in hell.

There was a horrible smell 24 hours a day and on my first morning I learned it was from bodies being burned.

I was in Auschwitz for 10 days before I was chosen for slave labour.

I had to dig the tunnels where the Nazis manufactured their V1 military rockets, working 14 hours a day with no rest.

Everybody around me was ill or dying, and after five months I contracted pneumonia. None of us thought we were going to survive. I thought I was either going to starve to death or be killed.

A few weeks later, the Germans forced me into another concentration camp, Bergen-Belsen. It was a seven-day journey on a cattle truck, from one end of Germany to the other with no idea what I was going to face. Every day, the SS officers had to throw more dead bodies from the train.

The camp was worse than anything I could have imagined. I thought Auschwitz and the slave labour camp were hellholes, but this – this really was a hell on earth.

There were 60,000 prisoners in Bergen-Belsen and 30,000 of them died from typhus. People were dropping like flies. It was something I will never forget. I didn't do it myself, but I saw fellow prisoners take the clothes from dead people.

I did go through the corpses' pockets, trying to find food. Bread began to run out, and our "soup" was just rotting cabbages or occasionally rotting potatoes. Many days, there would be nothing at all.

You went to the toilet where you stood, there was no sanitation.

We were liberated on Sunday, April 15, 1945, at 3pm. I will never forget that, because over the next two hours, hell began to close.

The 168 officers guarding us were killed, torn to bits by fellow prisoners. I took no part in it, because I could hardly stand. I weighed five stone by then.

Scurvy, scabies... you name it, I had it. I've still got marks on my body that have never healed. But at least I survived, which was a miracle.

I was 17 and homeless, but I worked as an interpreter for the British Army in a German village where I met my wife, Annie.

She saved me and gave me back the hope for the future I never thought I would have.

We moved to England in 1949 and raised four wonderful children. I became a manager for Marks & Spencer.

I couldn't talk about what I went through until I gave an interview in 1997.

Since then, I haven't stopped. I speak in schools, because it's important to spread a message of tolerance. I hate seeing news of wars and poverty now – it lets humanity down terribly. But I survived the worst that humanity can do and I made a good life. I hope I am proof that the human spirit endures. **Id**

For more information about holocaust survivors go to holocaustlearning.org.

“We were liberated on Sunday, April 15, 1945, at 3pm. The 168 guards were torn to bits by fellow prisoners. I took no part in it, because I could hardly stand”



DW
Daniel Wellington



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France's new first lady of film has gone from a very blue movie to Bond girl. Say, "Bonjour, mon amour" to Léa Seydoux.

We've come a long way since the innuendo-ridden days of Bond, when his girls were called Pussy Galore, Dr Holly Goodhead and Plenty O'Toole.

The latest Bond beauty has been rather demurely named Madeleine Swann. But there's been another change in the type of women bedded by 007 beyond their names.

It now takes more than sultry eyes and a pillow pout to play a Bond girl.

The new breed of the spy's female co-stars have real-life independence, gumption and mystery.

They're also usually mouthy, smart and exotic.

With those words, you get very close to defining the essence of new Bond beauty Léa Seydoux.

The French actress will star in the 24th Bond flick Spectre, alongside Daniel Craig as the MI6 agent again.

It was expected a Scandinavian actress would play the role (eight of them auditioned for the part, including Headhunter's steely blonde Synnove Macody Lund.)

Parisian Seydoux swooped in late and changed minds, with 007 franchise bosses announcing she would be the

WORDS
Lia Nicholls, Deputy Editor

Lovely éa

WE'VE BEEN
EXPECTING YOU
Craig in a teaser
clip from Spectre.

next Bond babe just weeks before shooting started. It is believed the 29-year-old was already on the filmmakers' radar due to her critically acclaimed performance in the three-hour lesbian romance *Blue Is the Warmest Colour*, for which she won the Palme d'Or in Cannes in 2013.

Her role as blue-haired art student Emma in *BITWC* also earned her a Bafta nomination for Rising Star, alongside the likes of *Unbroken* star Jack O'Connell and *12 Years A Slave*'s Lupita Nyong'o.

Seydoux is now on every 'one to watch' list in Europe and the US.

Prior to winning the prestigious Palme prize, Seydoux worked with Russell Crowe in Ridley Scott's *Robin Hood* and Quentin Tarantino in *Inglourious Basterds*.

A cameo in Wes Anderson's superb *The Grand Budapest Hotel*, released last year, was another smart move for Seydoux – the film was nominated for nine Oscars at last month's ceremony.

Hobnobbing through the February award season in LA wasn't for Seydoux though.

She was needed in Buckinghamshire at the iconic Pinewood Studios along with the rest of the *Spectre*'s main cast – Daniel Craig, Ralph Fiennes, Ben Whishaw, Naomie Harris and Monica Bellucci, also interviewed in this issue.

Giving a taste of the next 007 blockbuster, director Sam Mendes has said, "Spectre will be everything you would expect from a Bond movie, but in terms of the last movie, maybe a little more variety, maybe a little more mischief."

Gap-toothed Seydoux is more than capable of on-screen "mischief" (one sex scene in *BITWC* runs to seven minutes).

And Seydoux says her real-life persona goes way beyond mischief – she talks as if there's a demon inside her.

"I don't know exactly what to say about it... it's just I feel sometimes, I feel like that I have something dark inside," Seydoux struggles to explain.



But when she loosens up and gets going in English, she sounds poetic.

Seydoux elaborates to *Loaded* about her inner darkness, "Not dark in the way that it's morbid. It's not gothic. It's more melancholy."

Despite being willing to bare all on screen, Seydoux is no pushover when it comes to cinema nudity.

It was reported she told US and French journalists she would never work with *BITWC* director Abdellatif Kechiche again and that her and co-star Adèle Exarchopoulos felt like prostitutes when they filmed the movie's lengthy bedroom scenes. A few critics took the view it was a brave, potentially risky move from Seydoux as she has been on the cusp of breaking Hollywood ever since the film came out.

Filmmaker Kechiche hit back by saying Seydoux's remarks were part of a media strategy intended to boost her already rising profile. He also called her a poor little rich girl who possessed a "spoilt-child arrogance".

At the same time as she was complaining of exploitation, Seydoux was picked to star on the cover of the first relaunched issue of French magazine *Lui* – a famous top-shelf 1970s publication that has reinvented itself as a lifestyle read.

She appeared naked on the front and topless inside and the issue circulated 350,000 copies.

Now, more than a year on from the *BITWC* controversy, Seydoux is unwilling to reopen old wounds. These days she will only say it was a hard process.

"It was difficult, but you know, many films are," she says. "I like challenges but this was a special one because it was very, very intense."

"Even though it was intense, I am very proud of the film and very proud people love it so much, because the success of it is amazing."

Full of passion, sex, idealism and youth, *BITWC* is hailed as a must-see.

And the project was so full-on for Seydoux, it made her question her own sexuality. "The subject of sexuality is extremely important and as an actor I had to be extremely engaged," she says.

"I found it hard to leave because it was so intense. All the preparation and everything and then the shooting, it was very long."

It was a very different affair when Seydoux played fairytale princess Belle in





**“I feel sometimes I have
something dark inside”**



KAROLE
GRAND
CENTRAL
2013



CLOTILDE
THE GRAND
BUDAPEST
HOTEL
2014

007



“I think that nudity is beautiful. Sometimes it can be awful, but cinema is about reality”

RARE BIRD
A freezing Seydoux is interviewed about playing Madeleine Swann in official behind-the-scenes footage from Spectre.



La Belle Et La Bête – the French/German remake of Beauty And The Beast, released in France last year.

For the next few months Seydoux will be immersed in guns, gadgets and dry martinis for Spectre.

She has been undergoing a series of costume, make-up and camera tests so director Mendes and film producers Barbara Broccoli and Michael G Wilson can figure out the right look for her.

Probing for secrets of the new Bond flick's plot is off the table during the chat with Seydoux and we'll have to wait until November to see her in her finished Bond glory, but one thing that is for certain – she'll easily be able to cope with any bedroom scenes.

Seydoux should also have no problem morphing into whatever Bond bosses have planned for her Madeleine Swann character – she says becoming an actress was her only career option because she quit studying.

It makes her far from stupid – plenty of her co-stars have said she's one of the smartest people they've worked with.

And actually making it as a movie star once she left academia shows she's far from lacking in the brains department.

"It was my only choice because I didn't finish my studies," Seydoux tells Loaded.

"I mean there's nothing else I wanted to do as I have no diplomas, nothing at all."

You weren't a model student then?

"No I was not," she adds. "I would have loved to have a very strong talent. I'm sure it is amazing to have like a beautiful voice, for example."

We're unlikely to hear Seydoux ever whinge about her job as she says she cherishes the freedom that comes with acting. "You are free and by yourself," she adds. "I like that I can have different lives and travel and meet new people."

When asked if she has acting idols Seydoux cryptically says, "I like people who have a strong personality. For me a strong personality is being apart in a way.

"There's something to be said for being different. I like it when you have your own taste and opinion and accept you are different."

Seydoux didn't struggle with being "different" growing up. The Seydoux are a wealthy, well-known family in France.

Her father Henri is CEO of the French wireless company Parrot. And her grandfather is the boss of French multimedia company Pathé – which has a fortune estimated at £1billion.

Seydoux, whose older sister Camille is her stylist, grew up surrounded by parties attended by the likes of Lou Reed and Mick Jagger. But she is very narked at the suggestion she sucked on a silver spoon and wouldn't have made it without her family connections.

She says she now wants a "beautiful family" of her own – but with whom is a secret. Seydoux admits to having a boyfriend but won't give any more away than that. Determined to keep his identity hidden, her vague clues include, "he isn't an actor or famous", "he is very good at philosophy" and "I'm in love, I think".

She tells Loaded, "I believe you can find someone that can become your ally for life and you can find someone that is like your partner in a way. I believe in the team."

What a team to be in. **10**

007 SHE SEY'D IT

LE WORD ACCORDING
TO LÉA SEYDOUX
TACKLES SEVEN OF HER
LIFE'S BIGGEST TOPICS.

001 NUDITY

"I think that nudity is beautiful. Sometimes it can be awful. But cinema is the art about reality – it's art from reality. In French we say, 'L'art de la réalité'. You show reality, so you show bodies."

002 BOYFRIENDS

"I have ambitions for my love life, and I'm an optimist. I'd love to experience a beautiful love story."

003 PHILOSOPHY

"I am about life. I surround myself with beautiful things. I work hard to have a better life. This job helps me achieve that through the people I meet. I'm lucky to have been able to meet all these people, to live these adventures and travel so comfortably. But despite that, it's still difficult. Nothing comes easily. Everything I've earned is down to me, and no-one else."

004 ACTING

"I basically got into all this to avoid having office hours. I liked the idea that you'd work really hard for certain periods of time, then not do anything for ages. But it didn't work out like that. All I ever seem to be doing is working."

005 FANTASIES

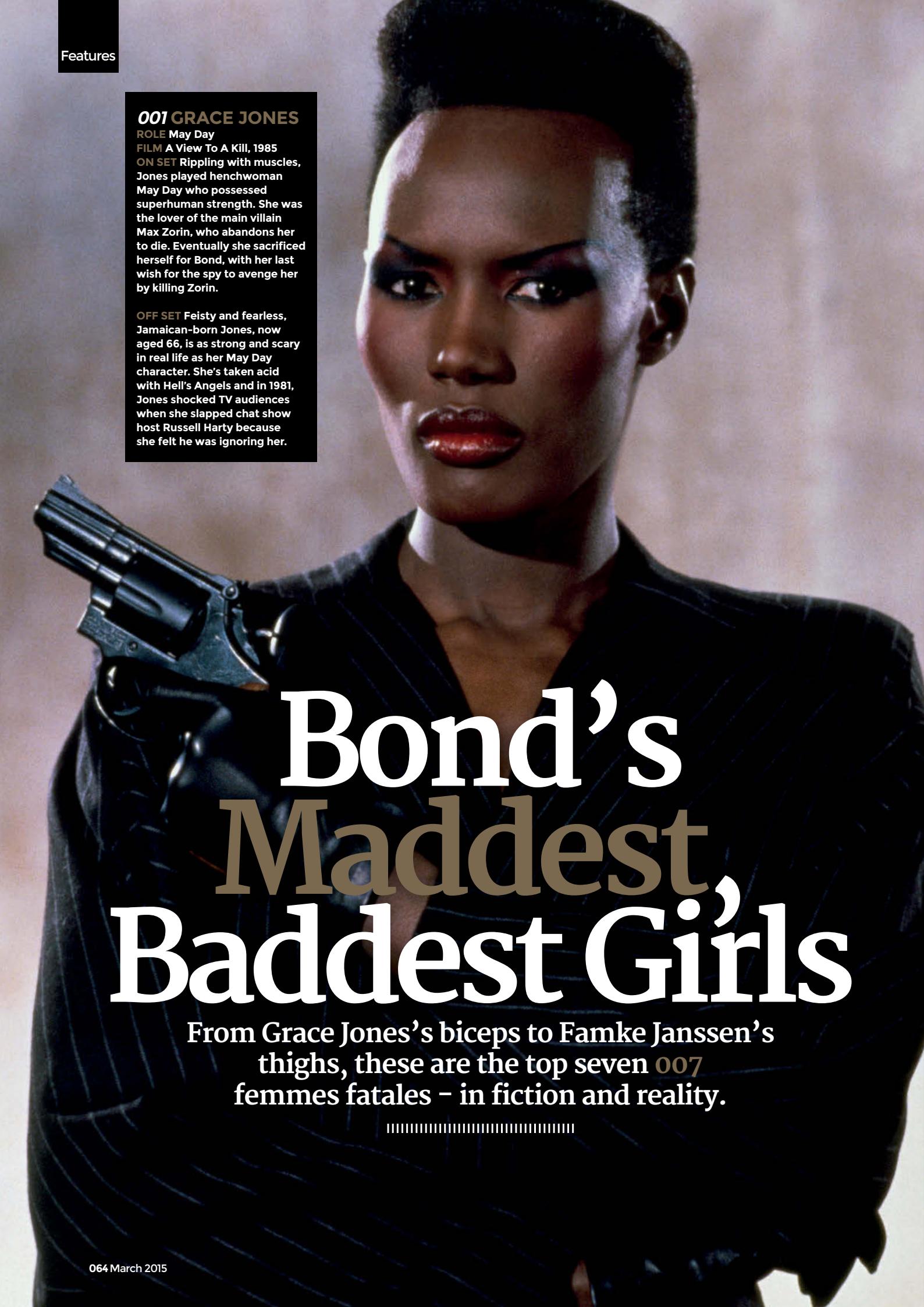
"For a long time I was obsessed with fairytales, so this is a dream. I wanted to be a princess."

006 CAREER

"One day, there'll be slack times in my career. It's unavoidable, because success is temporary. Which is why you have to stay focused in this very taxing job. I really like to play in English, and in Hollywood – it's the land of cinema."

007 FEAR

"I don't like comfort zones. I like being frightened and having to start from scratch. It's a necessity for actors to feed on experience and live in fear of losing the plot."

001 GRACE JONES**ROLE** May Day**FILM** *A View To A Kill*, 1985**ON SET** Rippling with muscles, Jones played henchwoman May Day who possessed superhuman strength. She was the lover of the main villain Max Zorin, who abandons her to die. Eventually she sacrificed herself for Bond, with her last wish for the spy to avenge her by killing Zorin.**OFF SET** Feisty and fearless, Jamaican-born Jones, now aged 66, is as strong and scary in real life as her May Day character. She's taken acid with Hell's Angels and in 1981, Jones shocked TV audiences when she slapped chat show host Russell Harty because she felt he was ignoring her.A black and white photograph of Grace Jones. She is looking directly at the camera with a serious, intense expression. She has short, dark hair and is wearing dark makeup, including dark eyeshadow and red lipstick. She is wearing a dark, pinstriped suit jacket over a white collared shirt. Her right hand is visible on the left side of the frame, holding a revolver. The background is a plain, light-colored wall.

Bond's Maddest, Baddest Girls

From Grace Jones's biceps to Famke Janssen's thighs, these are the top seven 007 femmes fatales – in fiction and reality.





002 HONOR BLACKMAN

ROLE Pussy Galore
FILM Goldfinger, 1964

ON SET Just by her name alone, Pussy Galore is one of the most iconic Bond femmes fatales. Pussy, who was an original Ian Fleming character, ran a flying circus of female pilots, who were ordered to fly over Fort Knox and gas the soldiers so Goldfinger could break into the gold vault.

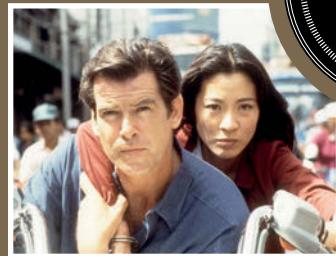
OFF SET One of the sexiest Bond stars, Blackman, now 89, has always had a glint in her eye. The strong-willed blonde opted for elocution lessons rather than a bike for her 15th birthday. When supporting Women's Aid campaign against domestic violence, she said, "I have never been thumped about because I could probably sort them out."



003 LUCIANA PALUZZI

ROLE Fiona Volpe
FILM Thunderball, 1965
ON SET Seducing men so SPECTRE (Special Executive for Counter-intelligence, Terrorism, Revenge And Extortion) agents can kill them was her main duty. As she tries to have her wicked way with Bond, she gets him to dance with her and, as his back is turned, henchmen take fire but he moves out of the way and Volpe is shot instead.

OFF SET Born in Rome, the red-head was in the same clique as bombshells Sophia Loren and Gina Lollobrigida. She had a good time until she settled with her first husband Michael Solomon. When Paluzzi, now 77, did an interview in Japan to promote movie The Green Slime, she grabbed headlines by saying she would rather be a geisha girl than a housewife.



004 MICHELLE YEOH

ROLE Wai Lin
FILM Tomorrow Never Dies, 1997
ON SET A martial arts expert who can scale walls and rides a motorbike - she was a super agent for the Chinese People's Eternal Security Force. Lin is relentless in her pursuit of target Bond, who in the end becomes an ally and an object of desire. Straddling the spy on a motorbike, she purred, "Don't get any ideas, Mr Bond."

OFF SET The former Miss Malaysia fought her way to the top in the male-dominated world of action films. Now, at 52, she's known as the 'queen of martial arts' after her role in Kill Bill. And she's one of the only co-stars Jackie Chan allows to do her own stunts. She lives life in the fast lane, and is engaged to Jean Todt, director of the Ferrari F1 team.



005 MAUD ADAMS

ROLE Octopussy
FILM Octopussy, 1983

ON SET The Swedish ex-model played one of the most iconic Bond girls. Jewel smuggler Octopussy owns her own floating circus, where her and Bond make love - a lot. Octopussy almost meets her death at the edge of a cliff but is saved by Bond. Clearly she was just too good to kill off.

OFF SET So popular with the public, she's the only femme fatale to appear in three Bond movies. Before her film career took off, Adams, now aged 52, was one of the highest paid models in the world. Her leading role in erotic 1981 film Tattoo opposite Bruce Dern provoked controversy about whether they actually had sex in the film. Dern said the skin on skin was the real deal.



006 FAMKE JANSSEN

ROLE Xenia Onatopp

FILM Goldeneye, 1995

ON SET Onatopp gets sexual satisfaction through killing. After luring an admiral to her yacht, as they're having sex she crushes his chest with her thighs, reaching orgasm while he takes his last breath. When she is finally defeated, Bond quips, "She always did enjoy a good squeeze."

OFF SET Starting off as a model Janssen, now 50, has become an actress known for some kick-ass roles such as Jean Grey in X-Men. Living in New York, mysterious Janssen has managed to keep her private life quiet and God help anyone who asks. She once sniped, "I don't like talking about dating. It's like having a stamp on your forehead, 'I'm available'."



007 LOTTE LENYA

ROLE Rosa Klebb

FILM From Russia With Love, 1963

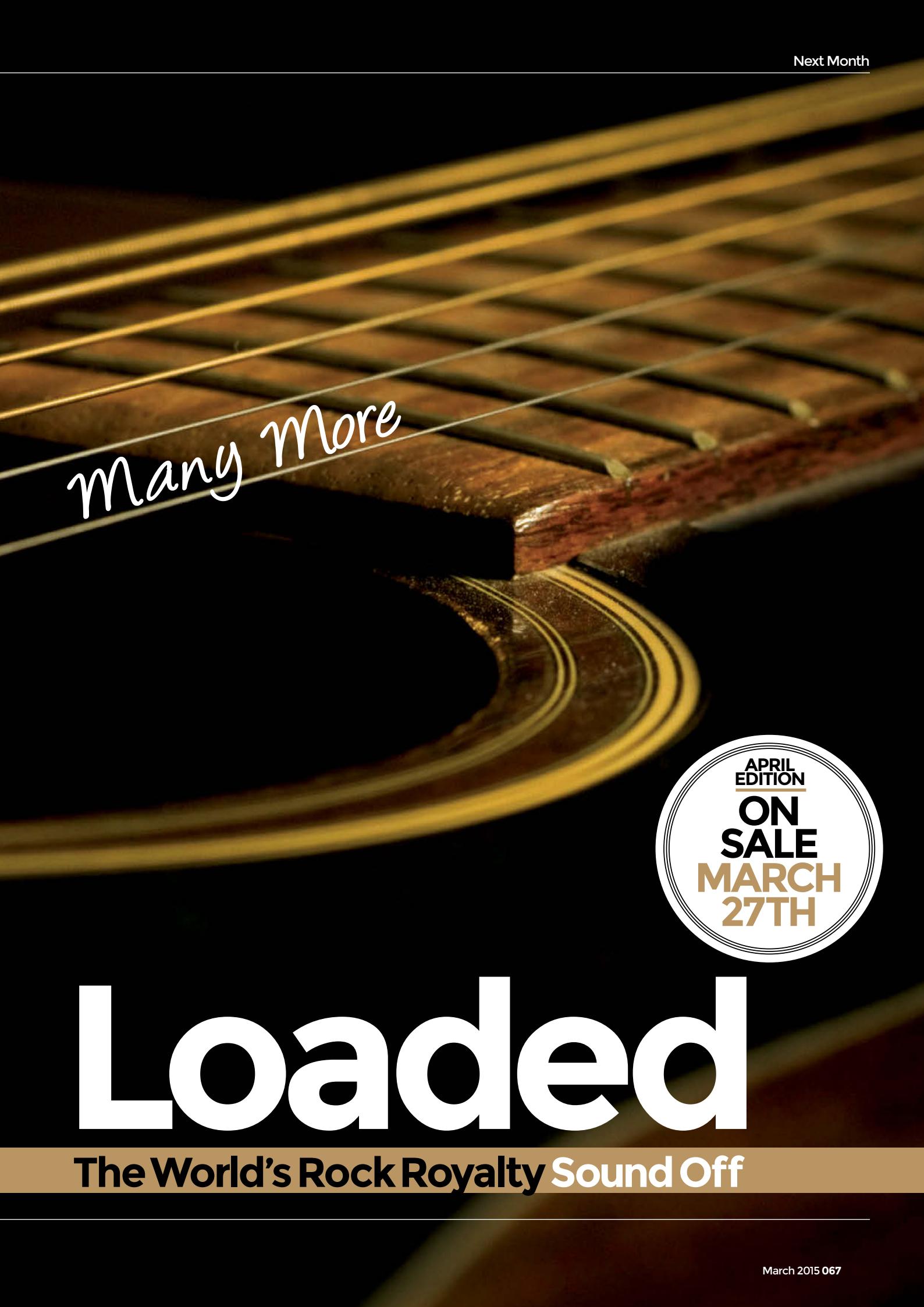
AGE Died at 83 in 1981
ON SET She was the member of SPECTRE operating under infamous villain Blofeld. Klebb's weapon of choice were poison-tipped shoes. In the end she tries to kick Bond with her spikes but is blocked and killed by the film's other Bond girl, Tatiana Romanova.

OFF SET She fled Germany during the rise of Nazism and emigrated to the US to make a new life. A classically trained musician, she went on to become an award-winning actress. She married and divorced composer Kurt Weill and was the inspiration behind his massive hit Mack The Knife. After she starred in Bond people always checked her shoes for spikes.



noel Gallagher
Jimmy Page
Marilyn Manson, Slash &

In Next
Month's



many more

APRIL
EDITION
**ON
SALE**
**MARCH
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Loaded

The World's Rock Royalty Sound Off

LaBella



Bellucci!

Forget Bond girls. **Monica Bellucci** is a Bond woman. The voluptuous Italian beauty, famed for her nude scenes, reveals her joy at becoming 007's lady friend... at the age of 50.

WORDS
Lia Nicholls, Deputy Editor
PICTURES
Thaddeus Harden/Corbis

m

onica Bellucci smouldered for her first James Bond screen test for *Tomorrow Never Dies* in 1997 – but lost the part to Teri Hatcher. So it's no surprise the Italian siren is “over the moon” about being cast in Bond 18 years later.

Bellucci will play Lucia Sciarra in the 24th 007 film *Spectre*.

“I am so, so happy,” the actress beamed.

At 50 – yes, half-a-century – Bellucci becomes the oldest ever Bond “girl” in the history of the franchise.

Finally, a femme fatale who is closer to 007's ripening age.

Laughing, she told *Loaded*, “Instead of playing a James Bond girl, because of my maturity I play a James Bond woman.”

When the main line-up for the spy movie was revealed, there was a flurry of excitement from die-hard fans over bella Bellucci. Forums were awash with how fabulous it is to have the voluptuous diva on board.

A few critics sneered at the choice, saying Bellucci is just a typical choice for the over-sexualised spy franchise and dismissing her as more “boobs than substance”.

Okay, so it's likely the vixen will be poured into a tight cocktail dress that shows off the famous assets she displayed when making her big-screen debut as one of Dracula's bare-breasted brides in Francis Ford Coppola's version of the Bram Stoker novel.

It's also probable said cocktail dress might end up on 007's floor, but this is Bond and there's no harm in celebrating Bellucci's beautiful form.

And whatever the critics say, she's an actress with a back catalogue (including the shocker *Irréversible*) that shows she's far more than just a pair of boobs.

You can bet director Sam Mendes is happy with his decision to cast her.

The former model stole the show alongside her female contemporaries at the recent announcement of the new Bond line-up at Pinewood Studios.

An ecstatic Bellucci told *Loaded*, “I am so happy. I'm so happy to have the



chance to work with this amazing cast. Sam Mendes, Daniel Craig and I have so much respect for all those amazing actresses who have already worked on James Bond before, like Sophie Marceau and Eva Green and Rosamund Pike.”

Getting anything out of Bellucci about the new Bond plot is pointless as the cast, as always, are sworn to secrecy.

Can't she even give a hint of what her character Lucia is like? Is she a dangerous femme fatale? Does she have rampant sex with 007?

“The only thing I can say is that my name is Lucia and, sorry, that's it I'm afraid,” Bellucci replies.

Looking at her and 46-year-old Craig posing side by side at the Bond press conference, Craig, who is married to Rachel Weisz, looked more comfortable standing next to Bellucci

than he did anyone else. In return, she has the highest praise for the craggy, blue-eyed Bond.

“James Bond is the ideal man for Italians, I think for everybody,” she gushes. “He's courageous, strong, mysterious, sexy and the perfect English gentleman. So I think Daniel Craig is perfect for that.”

After being so close to a leading Bond role before, Bellucci is well up to speed with the franchise.

She admits her favourite MI6 spy was Sean Connery, until Craig came along.

“It has to be Sean Connery, I remember him well,” she says. “Bond is a great tradition for England and all over the world.”

Curvaceous and clear-skinned, Bellucci (who turned 50 in September) looks incredible for her age and anticipation is building to see what Mendes has planned for her in the *Spectre* movie.

FORMING A BOND
Bellucci with Spectre cast Naomie Harris, our cover star Léa Seydoux, Daniel Craig and Christoph Waltz.



“Bond is the ideal man for Italians. He’s courageous, strong, mysterious, sexy and the perfect English gentleman. Daniel Craig is perfect”

substance then. Born in the Italian village of Città di Castello, Umbria, Bellucci was an only child with a dream of becoming a lawyer.

She went to university to study law, modelling on the side to help pay for her course. With her feline features and impressive vital stats, it wasn't long before modelling started bringing in the big cheques to lure her away from her legal studies.

After only a few years of modelling she was spotted in a magazine feature by Italian director Dino Risi who hired her for her first film, a television movie called *Vita Coi Figli*.

Two years later, another shoot caught the eye of Francis Ford Coppola, who cast her in Bram Stoker's *Dracula*.

She's previously said how the thought of returning to modelling as a career makes her feel sick.

“Oh my God! It's horrible! I felt like a cow that is full of milk and nobody will take it,” she says. “I felt I don't want to do this shit any more – I want to do films.”

Fortunately, her healthy filmography means she has never had to go back.

She got her break in the 1996 French film *L'Appartement* in which she starred with future husband Vincent Cassel.

There was the Oscar-nominated *Malèna*, The Matrix franchise (after which she was named one of the planet's most desirable women) and playing Mary Magdalene in Mel Gibson's *The Passion Of The Christ*.

Bellucci married Cassel in 1999 and they had two daughters together, Deva and Leonie.

In 2002 the couple starred – and got naked, a lot – in Gaspar Noé's controversial movie *Irréversible*, which also featured Bellucci in possibly cinema's most gruesome rape scene. Bellucci split with Cassel in 2013 despite the closeness they showed on camera in *Irréversible* and said the separation was by “mutual agreement”.

Shortly before the split Cassel said, “My wife and I are very different animals.”

Despite Bellucci's serene outward appearance, get on the wrong side of her and you'll feel the wrath of her Mediterranean roots. She's fluent in Spanish and French and, as Cassel knows, is able to give you both barrels in any language.

“I may look calm, but I'm not. I'm very agitated. It partly derives from being Italian,” she has said.

“Wherever I go, I am Italian. The way I talk, the way I eat, the way femininity is important to me.”

“It's about the womanliness that comes to your face and your body from your life.” **Id**

This time around, Bellucci's casting process was quick.

Mendes decided she was in straight away and she wasn't left hanging – Bellucci was told she'd gotten the part three months before filming started.

Again, with lips pursed tight about the plot, she explained, “I came to London, I met with Sam and we talked about the film and the script and the role and then it was really quick.”

Surely she can talk about Christoph Waltz, who is expected to play legendary returning villain Blofeld?

She says, “Oh yes, what an amazing actor he is.

“I mean, this cast is really great and to have a chance to be in this new experience, for me it's really amazing.”

That's a no on getting anything of

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Exclusive Interview

GOLDEN GIRL

How does Cameron Diaz stay so perky at her age? She clenches her bum while she brushes her teeth, that's how.

WORDS Tom Mitchelson

It can be a dangerous time for an actress when she finds a younger generation of rising stars setting up camp on her home turf.

But Cameron Diaz doesn't feel roles are starting to dry up because of her age.

The golden-locked goddess tells Loaded about turning 42, "In Hollywood, what they say about women my age is that it's the age that people start to think women can't play certain roles.

"But really there's a lot of different roles to be played."

Roger Moore famously decided *A View To A Kill* should be his last outing as James Bond when he discovered he was older than his love interest's mother.

And Diaz has little interest in picking up MILF roles.

"If you only want to play the sexy seductress you're gonna have a little bit of a problem," she says about the niche stereotype in Hollywood for older actresses.

"I think that our strongest female actresses – the ones who are winning the awards every year – are actually much

older than I am," she adds. "Helen Mirren and Jessica Lange and Meryl Streep – those are the women who are getting the best roles in Hollywood."

Diaz insists that after turns as a young seductress, she's looking forward to a future of roles with a bit more meat on their bones.

"I don't think that the ingénue in an action film is the best role for this current time," she says. "It's a good role for a girl who's young and just starting out, but it's not a role that someone my age or older wants to be playing."

"We have Julianne Moore and all these amazing actresses who are older than I am. The roles that I'm supposed to find will come to me or I'll seek them out. I'm not worried about people finding me."

Diaz hasn't quite grown up on screen in the same way as, say, Drew Barrymore – who went from squealing schoolgirl in *E.T.* to romcoms via rehab.

Diaz's first screen role was in the smash hit *The Mask* at the ripe age of 21.



“I DON’T FEEL LIKE I GOT ANYTHING ONLY BECAUSE I LUCKY AND BLESSED. I GOT IT BECAUSE I WORKED MY BUTT OFF FOR IT”

CAM OFF IT

Diaz is responsible for one of cinema's most famous scenes involving man juice. But the time she styled her hair using Ben Stiller's spunk in *There's Something About Mary* isn't the only one in movies to have involved a complex call to the props department. Here's our countdown of the finest examples of spaff on celluloid.



THERE'S SOMETHING ABOUT MARY

YEAR 1998

Diaz unwittingly discovers the unique styling properties of bollock yoghurt after Ben Stiller misplaces some on his ear while 'preparing' for their date.



THE SILENCE OF THE LAMBS

YEAR 1991

Jodie Foster's Clarice Starling gets a faceful of love gravy on her way to see Hannibal Lecter in jail when one of his fellow inmates chuckles it at her.



THE BABY JUICE EXPRESS

YEAR 2004

Nick Moran and Phil Davis play a pair of hapless crooks who devise a plan to make £20,000 by holding a mobster's man mayo to ransom.



SOMEBODY STOP HER
Diaz shot to fame at just 21 when she stole the show from Jim Carrey in *The Mask*.

A New York Times critic described her role in the Jim Carrey vehicle as 'a gorgeous, dopey bimbo who's enough to make Anna Nicole Smith look like a feminist college professor'.

Suddenly the centre of attention after *The Mask*, there was no long slog to the top for Diaz – it really was overnight success. "People have seen me go from 21 to 42 visually," she says. "You can get *The Mask* and spend two hours with my 21-year-old self, who doesn't exist anymore. I haven't seen her in 21 years. I don't remember her. I haven't seen her for a really long time. I don't even know what she looks like. Someone else might spend time with her and think, 'Why doesn't Cameron Diaz look like that anymore?' But that's not my problem. That's someone else not understanding that time goes on."

The conversation has suddenly taken a time-twisting turn that would make Stephen Hawking proud.

"I understand that time goes on and this is the only me right now," Diaz muses to *Loaded*. "A year ago is the only me I knew then and a year from now will be the only me I know then."

"I don't really worry about whether people think I should look and be a different way just because they can access me in that way through film. It's a very

interesting position to be in but I don't let it put pressure on me."

Her performance in *The Mask* is all the more remarkable because Diaz had no acting experience before she walked onto the set.

It wasn't until she passed the audition that she took acting lessons.

Since then, her career has seen some real highs – whether judged by artistic merit or big bucks at the box office – with leading parts in *Shrek*, the blockbuster *Charlie's Angels* and post-post-modern masterpiece *Being John Malkovich*.

The less said the better about her recent cinematic turd *Sex Tape* – which saw Diaz on a mission to erase her DIY porn tape from her pals' iPads.

Away from the camera, Diaz has joined the likes of Gwyneth Paltrow and Alicia Silverstone by publishing a book about living a healthy lifestyle.

The introduction to her tome *The Body Book* says rather defensively, 'It is not a diet book. It is not a workout regimen.'

So what is it?

Seemingly it's part pep-talk, and part practical tips – like keeping a bottle of water by the bed for early-morning rehydration. Diaz writes, 'Once I drink the water, I feel it immediately. I go from being a wilted plant to one that has been



THE SWEETEST THING YEAR 2002

Diaz gets her hands dirty (again) and has to quickly find a way of getting baby batter out of the bedsheets after she has a wild one-night stand.



EVERYTHING YOU WANTED TO KNOW ABOUT SEX YEAR 1972

A cast of thousands of men dressed as life-size sperm philosophise on the nature of being spud butter in the Woody Allen classic.



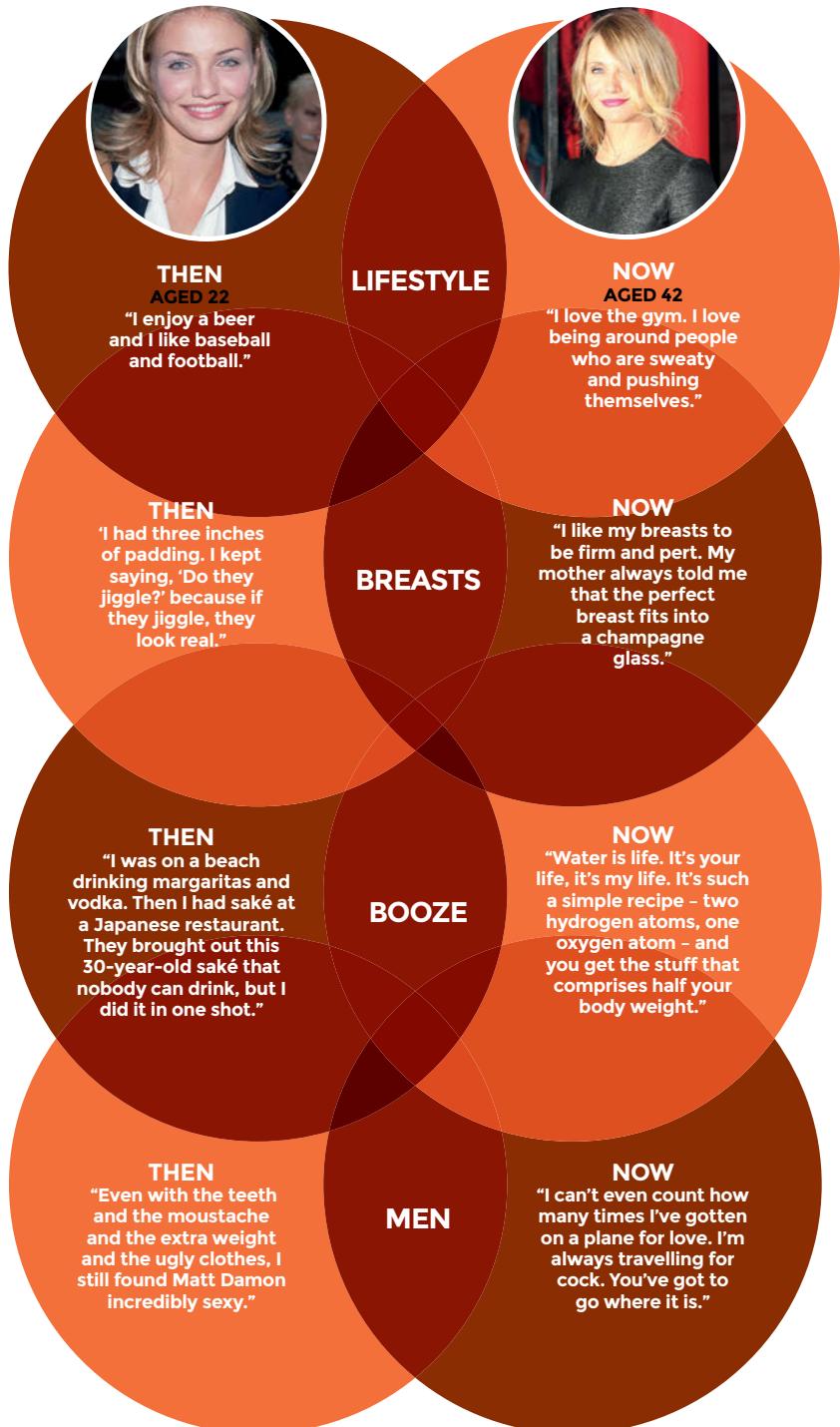
LOOK WHO'S TALKING YEAR 1989

It opens with the cheerful chatter of George Segal's population paste as it advances up Kirstie Alley's left fallopian tube.



“SOMEONE MIGHT SPEND TIME WITH MY 21-YEAR-OLD SELF IN THE MASK AND THINK, ‘WHY DOESN’T CAMERON DIAZ LOOK LIKE THAT ANYMORE?’”

THE CHANGING THOUGHTS OF DIAZ





YOUNG AT HEART
Diaz says she sorted
her romantic life by
marrying singer Benji
Madden – who is
seven years her junior.

"IF YOU ONLY WANT TO PLAY THE SEXY SEDUCTRESS YOU'RE GONNA HAVE A LITTLE BIT OF A PROBLEM"

rejuvenated by the rain." Other tips include adding lemon to everything for the vitamin C, and small bursts of exercise through the day (she particularly recommends squeezing your butt while you're brushing your teeth.)

"As long as you remember that part of being active is moving continuously through the day, you can become an active person RIGHT NOW. Just move," are another few choice sentences from the book.

The tome takes a slightly weird turn when Diaz starts dishing out advice on how to clean menstrual blood from white underwear. She writes, 'Use cold water, not hot, and wash as soon as possible. Hot water makes the proteins in the blood set and that makes the stain stick around longer. Just a little tip from me to you!'

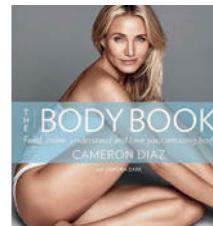
Presumably this chipper advice is aimed at women who have never operated a washing machine or whose menstrual cycle has taken them by surprise later in life.

Elsewhere in the book, block capitals scream at you off the page, including lines such as, 'YOU ARE MORE BEAUTIFUL THAN YOU HAVE EVER IMAGINED.'

Diaz is already planning a follow-up book on bio-gerontology - the aim of which is to teach people to grow old gracefully and healthily.

"I'm ready to just go into a writing stage," she says. "Sit a lot, in front of my computer, and shuffle in the kitchen. Cook something, and then shuffle back."

But one thing *The Body Book* does is emphasise Diaz doesn't just sit about and



TOME-ING UP
Diaz's first health book, which contains tips like, 'Drink water.'

let things happen to her. You want to look good and feel as healthy as a Hollywood star? Then it's lemon juice on everything and arse-clenching every morning.

"I work my butt off, but I feel lucky and I feel blessed," she says. "I don't feel like I got anything because I was only lucky and only blessed. I got it because I worked my butt off for it too."

"Nothing happens without any of those three things."

Diaz's love life has been as hard graft for the star as her exercise and diet regime.

Her long list of exes includes actors Matt Dillon and Jared Leto, musicians Justin Timberlake and Sean Combs, sportsmen Kelly Slater (a professional surfer), as well as baseball player Alex Rodriguez and British model Paul Sculfor.

Career and travelling were blamed for some of the splits, but Diaz is now happily married to singer Benji Madden, seven years her junior at 35.

You get the feeling Diaz would have got stuck in and made a success of any career that came her way.

Acting just happened to come along at the right time.

"My parents were just supportive of it," she says. "I have always just been interested in other people and seeing the world and learning new things. I've been very fortunate to be able to find a career path that has supported that. I just have kind of been taking advantage of it ever since."

Whether it's writing a book or learning to sing for a role, as Diaz did for last year's remake of *Annie*, getting the job first and the skills second seems to be her way of doing things.

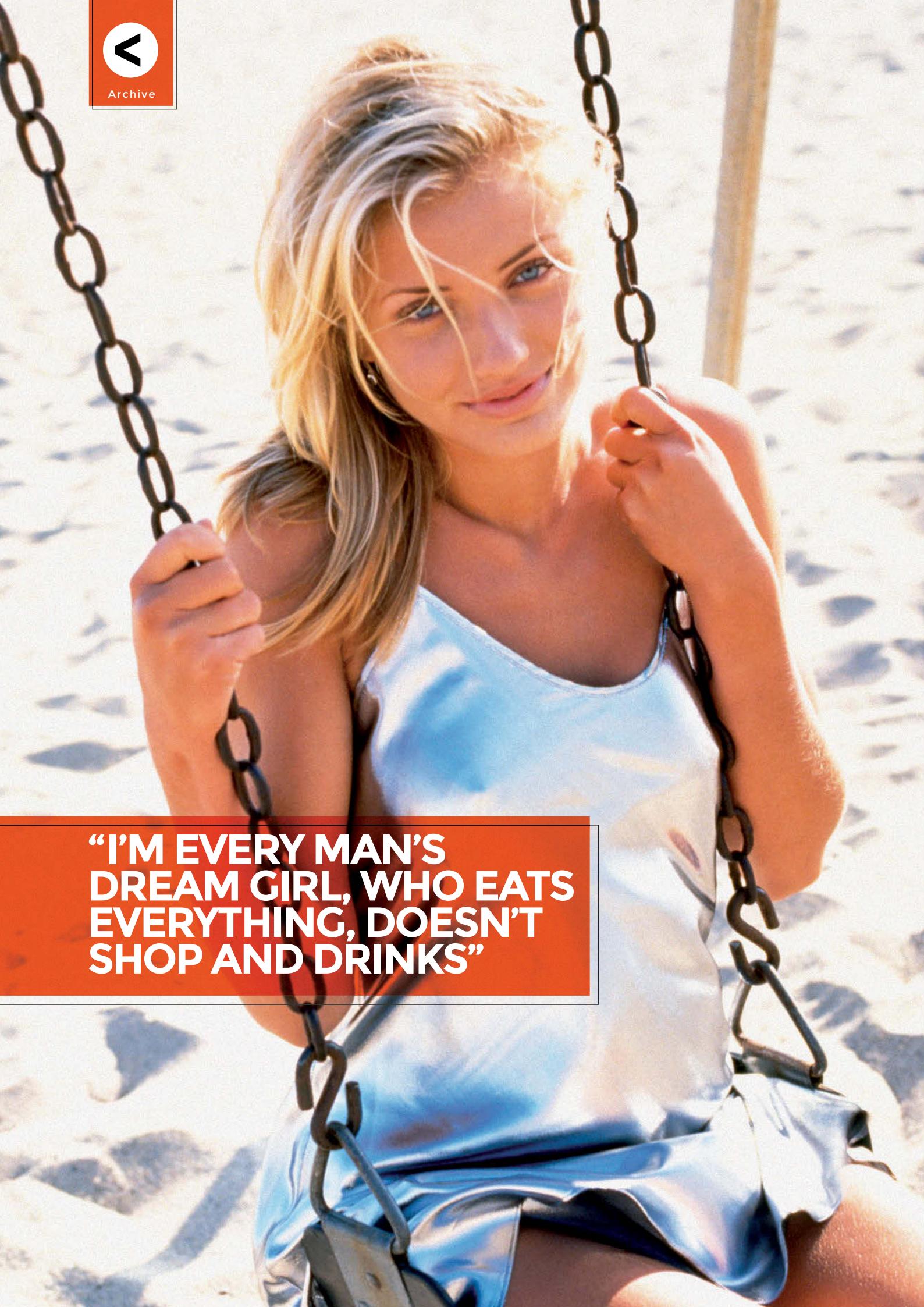
Is it the same advice Diaz would give a younger actor?

Her reply feels like the mindset she has held since the beginning of her career.

She says, "The more people you work with, you see how other people work and get inspired or go, 'I never even thought of that'. If you're open and you're open to learning and you're open to failing then you can go anywhere." **Id**



Archive



**“I'M EVERY MAN'S
DREAM GIRL, WHO EATS
EVERYTHING, DOESN'T
SHOP AND DRINKS”**



LOOK-BACK

FOR GOD'S SAKÉ DIAZ... WHADDAYA MEAN YOU NEARLY DIED FROM BOOZE?

WHO Cameron Diaz, Aged 26 **WHY** To Discuss Very, Very Bad Things
WHEN February, 1999, Issue 058 **WITH** Loaded Writer John Perry **PICTURES** Mikel Roberts / Corbis



Cameron Diaz got in a lather with **Loaded** about guns, kickboxing, broken noses and torture when she was a more open interview subject. And she revealed how saké nearly killed her.



“AFTER DRINKING SAKE, I ASKED MY MUM TO BRING MY BODY HOME IF I DIED”

£2
BILLION
THE AMOUNT OF
MOVIE TICKET SALES
DIAZ HAS BEEN
RESPONSIBLE FOR IN
HER 21-YEAR
MOVIE CAREER.

C

ameron Diaz has forgotten to bring her swimsuit to our meeting at the council pool.

It's lucky it's not discount Wednesday

because the place would be packed and she'd be embarrassed.

Instead, we decide to go to the local park for a swing. It seemed to get her into a playful mood and she soon started to spout about booze and bullets.

I had to do everything in my power not to ask her how much she really liked swinging during this Q&A.

LOADED You've just split up with hunky Matt Dillon, your partner of three years. I have to say, you don't really look too heartbroken.

CAMERON DIAZ I have every reason to be happy. There's Something About Mary is a huge hit and I'm really pleased with my new film Very Bad Things. And suddenly I'm being offered all kinds of roles with top-notch directors and stars. It's very strange, but a very nice position to be in.

LD Talking of strange positions, when you starred alongside Matt in There's Something About Mary, he put on weight and wore false teeth. Did you still fancy him after that?

CD Yeah! He would kid around between scenes, like, 'Come here baby, give me a kiss!' And I was like, 'Please just stay away from me!' But the weird thing is, even with the teeth and the moustache and the extra weight and the ugly clothes, I still found him incredibly sexy.

LD It's not surprising he still tried to get his mucky paws on you - in the film you're cast as 'the ideal girl'.

CD Yes, I'm every man's dream girl - the girl who eats everything, who doesn't shop, who drinks beer, plays golf and shares all the same interests as her boyfriend.

LD Are you like that in real life?

CD I don't like golf. I would probably kill people if I had to play golf. But I like beer, baseball and football.

LD According to Mary director Bobby Farrelly, you drink 'like a sailor'. In fact, you almost died after a night on the ale when

you were filming in Australia didn't you?

CD Yeah, it nearly killed me. I was on a beach, drinking margaritas, champagne and vodka. Then at night I had saké at a Japanese restaurant. They brought out this 30-year-old saké that nobody can drink, but I did it in one shot. The next day I actually felt like I was dying. I called my mom and asked her to bring my body home if I died.

LD **Ugh. That's my fantasy about waking up next to you ruined then. Do you normally consider yourself beautiful?**

CD No, I never did. I've got a nose that's been broken three times and as a teenager I was so skinny at school that they nicknamed me Skeletor.

LD **How about plastic surgery? Is there any part of you that you've ever fancied changing? I've got a mate who would do it for you for a pony, no questions asked.**

CD There's no way that I would want to do it because the 'in' look changes constantly. Four years ago, big boobs were in. Now nobody gives a shit what size your tits are. So why would you change

yourself to please the masses?

LD **Hang on, you had massive boobs in The Mask.**

CD It wasn't me. I had three inches of padding. I kept asking, 'Do they jiggle?' Because if they jiggle, they look real.

LD **So did you get loads of film offers after that?**

CD Only cheesy titty roles like 'the beautiful Russian doctor' in foreign films. I decided to wait for a role that could show people I could do other things.

LD **Weren't you supposed to be doing Mortal Kombat?**

CD Yeah, but I broke my hand rehearsing the kickboxing. I hit my trainer in the head. He had a frigging skull like a rock and my hand was destroyed. I couldn't do the

film after that.

LD **Bloody hell. In Very Bad Things you crack Christian Slater over the head with a lampshade. Is this a psychopathic urge**

ONE
THE AMOUNT OF
TIMES DIAZ HAS
GONE NAKED
ON SCREEN
(IN SEX TAPE),
DESPITE
DOING SCORES
OF RAUNCHY
PHOTOSHOOTS.

or is it some sort of bizarre method acting? And while you're at it, did you get very touchy-feely with Keanu Reeves when you played a stripper opposite him in Feeling Minnesota?

CD No. Keanu's the oddest person I've ever met. He's incredibly intelligent and

well read and he likes to talk about philosophy. I really worry about him taking care of himself. He's like a child.

LD **And how did you get on with Ewan McGregor when you played his romantic interest on A Life Less Ordinary?**

CD We immediately just fitted. We went straight into a dance rehearsal for four days for the fantasy karaoke scene, so we got very close very fast.

LD **In A Life Less Ordinary, you go around shooting things indiscriminately. Apparently you showed Ewan how to 'shoot his big gun'. I bet you've done that before.**

CD I had! On Christmas night, Matt and I went to a gun ranch. We just wanted to have a bit of fun, but then we saw all of these other guys shooting on their own and I got real sad. I have total respect for guns.

LD **After all the shagging, car crashes and gunshot wounds of A Life Less Ordinary you took 10 months off, reportedly 'to relax'. What exactly do you do to relax?**

CD I lie on my bed!

LD **You lay in your pit for 10 months? Respect. And is it true you don't own a television and don't read newspapers?**

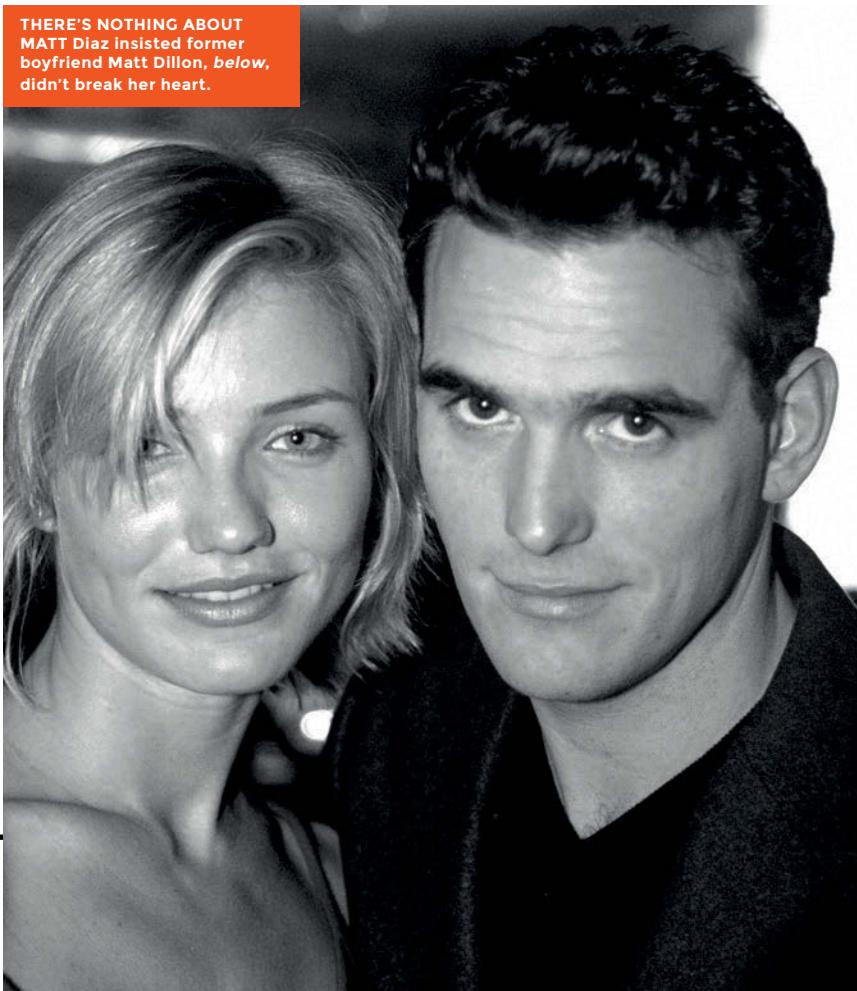
CD Oh yes, I cut myself off from all that two years ago. I got so upset by the news. I felt there was no hope in the world anymore, that the whole world was sick. I hated feeling so negative.

LD **You're a nutter aren't you? I'll bet you're a big Sepultura fan.**

CD Yeah, heavy metal! Anything softer than Alice In Chains makes my skin crawl. If you really want to torture me, sit me in a room strapped to a chair and put Mariah Carey on, over and over again. That would be eternal hell for me.

LD **Enough of this trumpery, let's get you off that swing... **

THERE'S NOTHING ABOUT MATT Diaz insisted former boyfriend Matt Dillon, below, didn't break her heart.





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PICTURES Wayne Stambler / Corbis

Jenny From Da Block on why she's trying to carve herself out a name as an earth mother, **not** a diva.

BLOCK-HER

WORDS
Tom
Mitchelson



The word 'diva' gets bandied about so much these days people think they've earned it by having a stop at a call centre salesman on the phone. But to be a real diva, you have to pull out all the stops: hire an entourage, leave a string of divorces and kids in your wake and get bulletproof self-confidence.

And, of course, you need your own fragrance: divas have more scents than most men have pairs of socks. At last count, Jennifer Lopez has given her name to 24 scents. It sounds unbelievable - but go to your sock drawer and count 'em. She's been called the ultimate diva, and nobody's earned it more than J.Lo.

After her climb from the block to the blockbuster, she became the first Latina to clear \$1 million a movie and survived a non-marriage with Ben Affleck as well as the hate-filled reviews of *Gigli*.

As well as a name abbreviation, J.Lohas a stack of best-selling albums and books.

She's also a formidable producer, actress, singer and judge on America's Got Talent, and her private life is forever under scrutiny. She recently confirmed she is still on the market while attending a press junket at the Four Seasons hotel in Beverly Hills, insisting she is happily single right now. Lopez said, "I think being on my own has been really great for me. I just have no announcements to make."

She has made a string of good decisions in her career and in her love life - as long as you subscribe to the John Cleese philosophy, "Marriages aren't failures just because they end".

High among Lopez's very profitable decisions have been her on-screen sex and nudity. The perception may be that everyone on a Hollywood set is hungry to pack as much erotic content into every movie as possible. But Lopez tells *Loaded* this isn't always the case.

Not-So-Easy RIDERS

Irritating diva demands from the world's top performers.



Mary J Blige

She requires a brand new toilet seat be installed at any venue she plays.



Christina Aguilera

Soy milk, soy cheese, echinacea, vitamin c and Flintstones chewable vitamins are all on her list.



Paul McCartney

He needs vegan food, obviously, and he won't ride in a limo that has leather seats. Uber it is then.



Lady Gaga

She needs a mannequin with puffy pubic hair and posters of David Bowie and Queen in her dressing room.



Madonna

You will need to cater for her 200-person entourage that includes 30 bodyguards, personal chefs, a yoga instructor, an acupuncturist and an on-site dry cleaner.



Kanye West

He needs Versace towels and any chauffeur who drives him must wear 100 per cent cotton clothes and "no man-made fibres".



Mariah Carey

Twenty white kittens, 100 white doves and zero busy patterns in her dressing room space are essentials.



Prince

Needs a coffee and tea set-up including honey, lemon, sugar, cream, fresh ginger root. A physician who can administer a B12 vitamin injection should also be on hand.



Morrissey

He once asked for a sapling, of no less than four feet but no higher than six feet, to be placed in his dressing room prior to a performance.



Jay Z

He once asked for a late model 1957 or 1962 Maybach car - with tinted windows as a perk.



Metallica

"Bacon - very important that bacon be available at every meal and during the day." This is one of the main demands in the metalheads' contracts.



Rihanna

Desires Oreos and Red Bull. (The local petrol station will have them.)



Nicki Minaj

She wants three different flavours of chewing gum. That's mint, juicy fruit and, er...



Adele

Marlboro Lights, European lager and sandwiches without tomatoes were a must for the diva. And any fan who scores free tickets has to make a donation to charity.



"I think everybody is always nervous when you have a scene like that in the movie," she says. "The studio are nervous, the actors are nervous and the director, you know, kind of has a vision of what they want. It's about finding the balance between all of those things so that it's actually about the story and not the sex."

But what about the actual filming? The nuts and bolts of sex scenes?

"Our job is to make everything look natural," says Lopez. "It's a very vulnerable position to be in. It's not something you ever get used to as an actress. If that moment wasn't intense, passionate and real enough, then the movie doesn't make any sense."

But her sex scenes have predictably attracted nutters, for want of a better word. "I've had people kind of obsessed with me, but not obsessed in a dangerous, scary way," Lopez insists.

Not in a scary way? Eh?

She once had an obsessed fan who camped out for six days in her pool house before being carted off by the police.

To no regard that as scary means either Lopez is made of very stern stuff, or has an army-sized entourage to keep her shielded from any drama.

Despite her previous flesh-flashing, Lopez says she is well beyond getting her kit off just because she feels pressured.

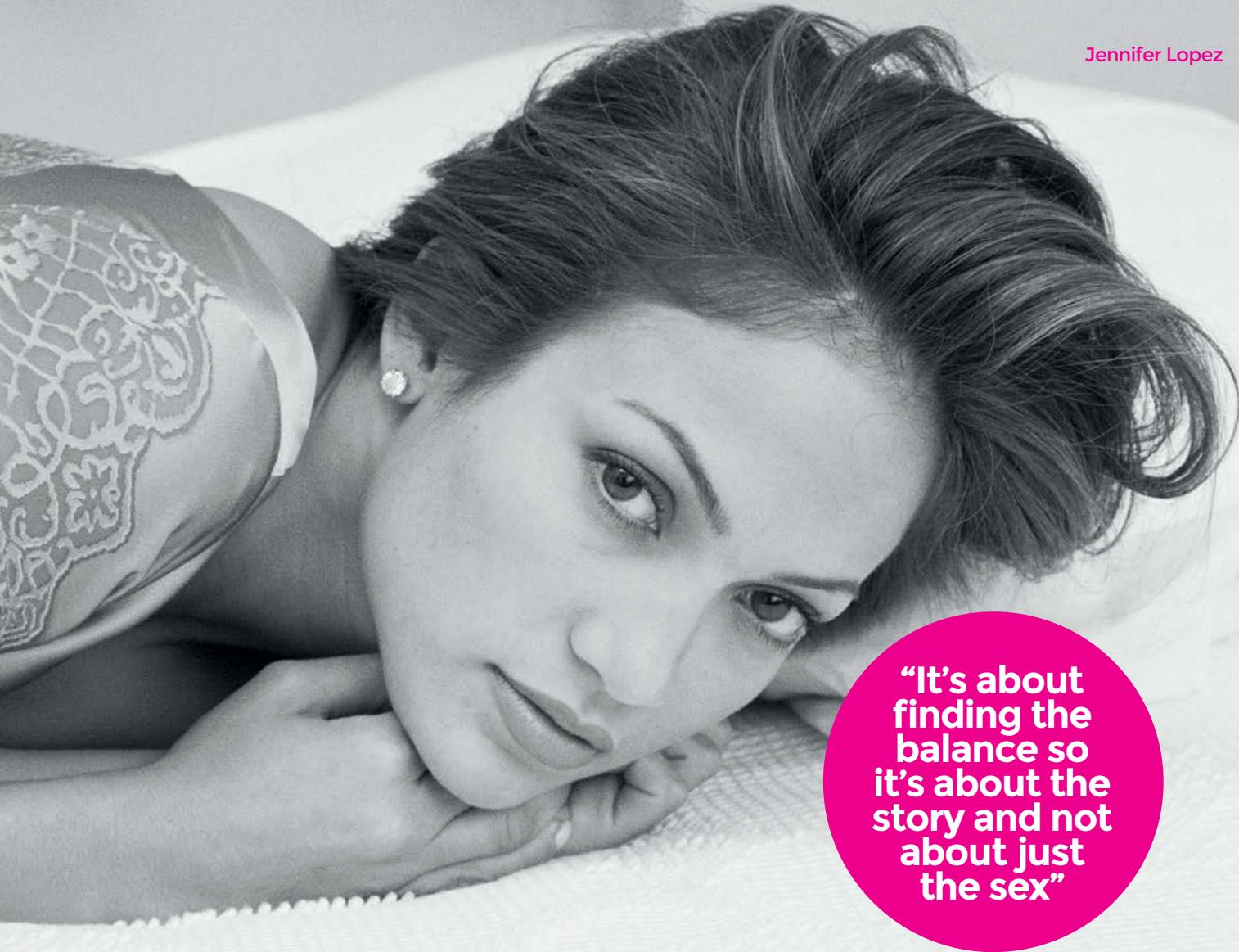
Not that you can ever imagine her having been pushed into anything.

She says of the sex scene she has in her new flick The Boy Next Door - about a high school teacher named Claire (Lopez) who has an affair with a younger neighbour - "I think all of us realised that it was a really integral scene and that the connection and that moment really propels the rest of the film, because it makes it crazy."

Lopez's buoyant booty has been the subject of more column inches than her business interests, so you'd assume she is confident in exposing her body to the camera - isn't she?

"I try to keep myself in shape in general so it isn't like a dash," she says about her pre-role preparation. "You know you're going to be on screen so you think, 'OK, I better be working out and I better be eating right'."

It must be a strange double life for Lopez: the public image is all about her



"It's about finding the balance so it's about the story and not about just the sex"

sexual collateral, but she prefers to focus on her private journey to fame.

Born to Puerto Rican parents David (a computer specialist) and Guadalupe (a teacher) she grew up with two sisters in a small apartment. Lopez showed early promise at family parties by singing and dancing from the age of five, pushing her schoolwork into second place.

Lopez's breakthrough role arrived after 10 years of being a jobbing dancer when she played the title role in biopic *Selena*.

The film landed her an ALMA (American Latino Media Award) and Golden Globe award. Veteran critic Roger Ebert said she turned in a "star-making performance".

She subsequently became the first Latina actress to headline a major Hollywood movie since Rita Hayworth, and broke that \$1 million-a-movie barrier.

So: Lopez is now a box office draw, boasting serious acting chops. But does she prefer drama or comedy?

"I prefer romantic comedies," she purrs. "They're just fun! That's a fun set. You're just seeing how silly you can make things, and they're romantic, and I'm a hopeless romantic as well. I really enjoy doing that type of stuff."

There's an in-the-moment quality to

Lopez that feeds into her music and acting in unexpected ways.

"As far as a type, being more dramatic or being more tough or being more vulnerable... it's all about trying to find the reality," she adds. "I'm constantly reminding myself, 'OK, your best friend just died. If you walked in and saw this, what would it be like?' And all of a sudden, I have this high-pitched scream I've never heard myself do. That's when I know I'm tapping into something real."

Her biggest screen success was Steven Soderbergh's *Out Of Sight* – which gave an equally strong boost to co-star George Clooney, fresh from *ER*, and established him as a major film actor.

More recently, Daily Show host Jon Stewart asked her who the worst on-screen kisser was out of her 30-odd movies, and guessed it might be Clooney.

Lopez admitted "he was OK" – a less than ringing endorsement for Mr Amal Alamuddin.

Unlike Clooney's, her love life has been rockier than her on-screen career.

The two-and-a-half years she spent with Sean Combs (Puff Daddy as he was then) saw them involved in a gunfight in a New York club. Stopped by police after

the incident, a stolen gun was found in the front seat of their car – possession of which Lopez was initially charged with, until she successfully argued she was in the back of the vehicle at the time.

Within a year, Lopez and Puff were history, though last year Combs gushed to Access Hollywood, "I'm so lucky to have that great woman in my history. Her drive, her determination – she will never give up. She's a great friend of mine and always will be my friend."

As for Lopez, she has said a relationship "should be supportive, uplift you, it should make you feel confident, feel better, they should be adding to the relationship that's already inside you".

She probably wasn't thinking of marriage number two, to backing dancer Cris Judd, when she said that.

The union lasted a matter of months.

Judd said about being married while in the public eye, "Your privacy is breached. You're no longer a normal person."

Lopez, who has made a habit of moving on from past loves with dignity, has said, "I had a brief marriage with Cris Judd, who is an amazing person and whom I love."

And who are the best lovers then, Lopez, Loaded asks.



The Smell Of Success

J.Lo has 24 of them. Here's the other celebrity fragrances, from Bruce Willis' scent to Alan Cumming's essence.



Heidi Klum Shine
Germany doesn't have to smell of bratwurst and car factories – Bergisch Gladbach native Klum has a fragrance that includes mandarin, pink pepper and pear. The base is composed of vanilla and tonka beans from Venezuela.



Usher She
Promising a scent that is "mysterious and very sexy", and "created for a mysterious and self-confident woman", Usher's smell is that of red currant, pink freesia, frangipani flower, apricot, jasmine and (somehow) cashmere.



**Christina Aguilera
Unforgettable**

The composition is 'oriental', apparently. Its top notes include fruity accords of pomegranate and plum. Night-blooming jasmine and Turkish rose flowers are placed in the perfume's heart, laid on a base of tonka bean – just like Klum's essence.



Paris Hilton Heiress

Nothing says 'listless home-made pornographic reality TV star' quite like the sickly smell of passion fruit, orange, juicy peach, mimosas and champagne. With wafts of jasmine, Tiare lily, ylang-ylang, honeysuckle and grenadine, two squirts are sweet enough to bring on diabetes.



Jay Z Gold

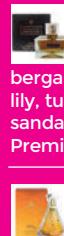
America's most financially successful hip-hop artist knows how to please a crowd: his fragrance has ginger with blueberry on top, pink pepper and lavender in the middle, with a base of amber, teak and vanilla. It's described as "quiet, fresh, elegant and serene, gently-heated with the warmth

of amber and vanilla". But he didn't need it to attract Beyoncé – it was released five years after their wedding.



**Alan Cumming
Cumming**

Possibly the most unfortunately named celebrity fragrance ever, it's hard to tell whether Cumming is being completely straight with us when he claims, "The longer you wear it and the more you sweat, Cumming gets deeper and sexier." The base notes are highland mud and burned rubber, the heart notes are cigar and fir and the top notes – if you get that far – are pepper and whisky. It sounds like the smell of someone who has rolled on the floor of an Aberdeen strip club. And take care when spraying – getting Cumming in your eyes is nasty.



**David Beckham
Intimately Beckham**

It has notes of white flowers, bergamot, rose petals, Casablanca lily, tuberose, orange blossom, vanilla, sandalwood and musk. Just like the typical Premier League changing room, then.



**Kim Kardashian
Pure Honey**

Kardashian says that, for her, this composition of notes of roses and wild honeycomb represents pure femininity and all that it is warm and inviting. You might recognise the smell, but you'll have no idea what it does, or how it got so recognisable.



Beyoncé Pulse

Said to emulate the excitement Beyoncé feels on stage, we're grateful it is untainted by the odour of

fear. Instead, there is pear blossom, Blue Curacao liqueur and intensive midnight blooming jasmine. The base is made with Madagascar vanilla, musk and woods.



**Cheryl COLE
Storm Flower**

It's said to reflect the scent of air after a storm. Or maybe the mood after an altercation in a nightclub toilet. The woman who will forever be known as Cheryl Cole (and not Cheryl Fernandez-Versini because no-one can be arsed to say it) reckons it is infused with her preferences for gold and femininity.



**Justin Bieber
The Key**

The smell of a teenage scrote doesn't sound like cosmetics marketing heaven, and the manufacturers have plumbed the thesaurus to describe this one. We're told it's "a luminous floral-fruity-musk that opens with a splash of juicy fruit with a sheer bouquet blooming in the heart". In other words, it smells of chewing gum, garage forecourt flowers and unwashed bedsheets.



**Bruce Willis
Bruce Willis**

Willis, we now learn, smells of grapefruit, pepper, vetiver, cedar, orange and geranium leaf. Vetiver, if you don't know, is the nasal equivalent of a dirty white vest which has been soiled with blood, sweat and gun powder after an evening toiling with eurotrash terrorists in a tall building in downtown LA. Refreshing.

"I grew up poor so I knew I had to work hard. I want my kids to be aware of that"

"I would say singers or dancers," she says. That's bad news for Ben Affleck then – who she got engaged to in 2002.

Lopez's candour is rare in a Hollywood star. Even on an emotive subject such as infidelity, the 45-year-old seems cool and philosophical, while hinting at a darker undercurrent.

"I've been in relationships where there has been infidelity and you're left to feel like you did something wrong, like there's something wrong with you, you're not enough, all of those feelings that we struggle with," she tells Loaded.

"Men and women go through this by the way, it's not just a woman thing."

Which brings us back to Affleck. The year the two-headed beast of 'Bennifer' landed was 2002. The pair met on the set of *Gigli*. The film was panned, but romance blossomed from the ashes.

A reviewer said of the flick, "The two stars may be in love in real life, but they've managed to keep that chemistry well-hidden on screen."

Newsweek was even more scathing. It said, "After the schadenfreudian thrill of watching beautiful people humiliate themselves wears off, it has the same annihilating effect on your will to live."

Undeterred, Jennifer were the ultimate power couple for one sparkling season.

Their joint projects included Affleck making an appearance in the video for the song *Jenny From The Block*, and Lopez dying in the first reel of *Jersey Girl*, which also starred Affleck.

But while speculation over the details of their impending marriage reached fever pitch, all was not well at home.

Perhaps not wanting to go through the publicity mill she experienced with Cris Judd again, Lopez ended their engagement, claiming the media furore over the relationship was a distraction from her career.

She hasn't stopped building her empire since the split.

Lopez has formed her own production company, *Nuyorican*. The name is a Jennifer-like mash-up of 'New Yorker' and 'Puerto Rican'. She's also launched her own clothing line and then there's *Viva Móvil* – a phone retailer aimed specifically at the 16.7 per cent of the US

population who count themselves as 'Latino' on census forms. Presumably she considers herself a workaholic? "I work a lot but as I've gotten older and more mature I'm very careful about taking care of myself," she says. "I'm realising there's more power in 'No' than there is in 'Yes' and that's become something that has been very helpful in making me not only a happier person for myself but for my kids too."

Lopez couldn't muster up the word 'No' when salsa star Marc Anthony asked her to marry him.

They married in 2004 and in November 2007 the couple announced they were expecting their first child, before twins arrived. But that relationship didn't last either, and Lopez tells Loaded she found herself turning another corner after yet another big split.

"There comes a point in your life, maybe it's having kids and wanting to be great for them or wanting to set a good example, or wanting to teach them the right things, that I just started to do a lot of work on myself," she says. "After my divorce it was about growing and realising things about myself that I could share with people and realising that life is hard and shit happens and it gets bad sometimes but you're going to dance again."

So what's she learnt from all the ups and downs? "You can always succumb to the depression and to the negative and become bitter, or you can become better," says Lopez.

"I like better than bitter."

It sounds like she's going into the bumper sticker business with statements like that, but Lopez is clearly sincere.

Cut to today, and talk of Lopez's family makes her sound like any other busy working single mum.

"Mostly the kids are always with me," she says. "Unless I have to do a very quick long trip, and then grandma or grandpa stays with them and that's that. The children understand that I work a lot. They don't understand what the work is,

really, but they know that the work pays the bills."

Lopez clearly wants to pass on her work ethic to her kids, seven-year-olds Maximilian David and Emme Maribel.

"It's really good, especially when they're not growing up poor," she adds about her twins. "I grew up poor so I knew I had to work hard."

But it's not just a work ethic for Lopez. Isn't it a sense of where she comes from that drove her to become a success?

Lopez replies, "With my children it's different, and it's crazy because all of the generations of my family were not as privileged as I am in this life."

A Hollywood childhood isn't exactly a recipe for producing well-adjusted adults though, is it?

"I'm very aware of making them aware of the world around them – what it is to be charitable, what it is to be fortunate, what it is to be not as fortunate, and having a responsibility to help, and try do your best even if it's just doing your art," she says about how she teaches her kids the value of money and kindness.

Women get a tough time as they age, and it's interesting to hear how Lopez is keeping at the top of her game.

"I've always tried to grow as an artist, as an actress, as a singer, as a dancer – always trying to get better," Lopez says.

Could we be at the beginning of the resurgence of the sexy older woman?

"Before, the thought was that you were in your twenties and that's when you're at your best and after that you go downhill," she says. "I think that idea has changed and so we are attractive, we are more interesting, we are more self-assured than we were 10 years before and there's something sexy and attractive about that to all men."

If knowing yourself is sexy, Lopez is definitely sexy. "I always felt kind of sexy," she says, back into purring mode.

"I think I feel more like myself now. I just know myself better and that's sexy."

We're not going to argue. **10**

"I always felt kind of sexy. I think I feel more like myself now than 10 years ago and that is sexy"

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You Said It

COMMON PHRASES THAT WILL BE OVERHEARD ABOUT WOMEN'S FOOTBALL

"THE PLAYERS LOOK ALRIGHT, BUT WHY ARE ALL THE GOALKEEPERS SO ST?"**



"IS MARTA VIEIRA ANY RELATION TO PATRICK?"



"OF COURSE I SUPPORT WOMEN'S FOOTBALL. DO I WATCH THE GAMES ON TV? DO I F**K!"

VITAL STATISTICS

NAME

WOMEN'S FOOTBALL CONCEIVED IN CHINA
CHINESE DOB 5000 BCE
BRITISH DOB 1892
(The Scottish Football Association recorded the first official female game.)

FAMOUS FOR

Inspiring a lot of jokes, helping to make football big in the US and terrible goalkeepers.



AS GLAMOURISED BY
Keira Knightley in 2002's
Bend It Like Beckham.

"LET THE WOMEN PLAY IN MORE FEMININE CLOTHES LIKE THEY DO IN VOLLEYBALL. THEY COULD HAVE TIGHTER SHORTS AND PLAY WITH A LIGHTER BALL"
FIFA PRESIDENT SEPP BLATTER

LOOK AT THE FIGURES ON THAT



YEARS SINCE ENGLAND BEAT FRANCE 2-0 IN THE FIRST WOMEN'S INTERNATIONAL.

53,000

ATTENDANCE FOR ST HELENS V DICK KERR'S LADIES IN 1920.

305,300

WOMEN WHO OFFICIALLY PLAY FOOTBALL IN BRITAIN.

£265,000

SALARY OF THE WORLD'S HIGHEST-PAID FEMALE PLAYER, BRAZIL STRIKER MARTA VIEIRA.

OWN GOALS

HOW WOMEN'S FOOTBALL FAILS

ATTENDANCE

The average crowd at Women's Super League matches last season was 728. On the upside, it was 30 per cent up from 2013.

PAY

Annual salaries are capped at £20,000 in the Women's Super League. Only four players per team can earn more than that.

PITCHES

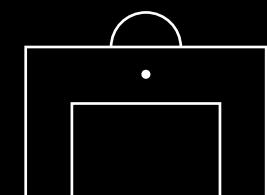
This year's Women's World Cup will be played in Canada on artificial grounds.

POLITICS

In 1921, the FA banned women from playing at league grounds because it was decided "football is quite unsuitable for females". It wasn't until November 2014 that the first women's international took place at Wembley, when England lost 3-0 to Germany in front of 45,000 fans.

TURN-OFF

The game had its own decent Match Of The Day equivalent on BBC3's The Women's Football Show, but the channel has been downgraded to online-only.



HEAD TO HEAD

ENGLAND WOMEN'S CAPTAIN V ENGLAND MEN'S CAPTAIN

STEPH HOUGHTON

Manchester City

26

41 (6 goals)

£500 per week

SAYS ABOUT WOMEN'S FOOTBALL

"A lot of the England team are full-time professionals, and not having to juggle a full-time job around qualifying for the World Cup makes a massive difference."

NAME WAYNE ROONEY

TEAM Manchester United

29

101 (46 goals)

£300,000 per week

SAYS ABOUT WOMEN'S FOOTBALL

"The atmosphere during the women's games at the London Olympics was brilliant. That will have changed a lot of people's minds about competitiveness in women's football."

Oh, Balls

Controversies and cock-ups.

In 2000 female hooligans were restrained by riot police during the Women's African Cup Of Nations final because they felt Nigeria scored a goal that was offside.

In June 2011 Iran forfeited an Olympic qualifier after trying to play in hijabs and full-body suits. In July 2012, FIFA approved the wearing of hijabs during games.

In June 2011 Russian UEFA Champion's League contenders WFC Rossiyanka announced a plan to play in bikinis to boost attendance.

YOU DON'T SAY

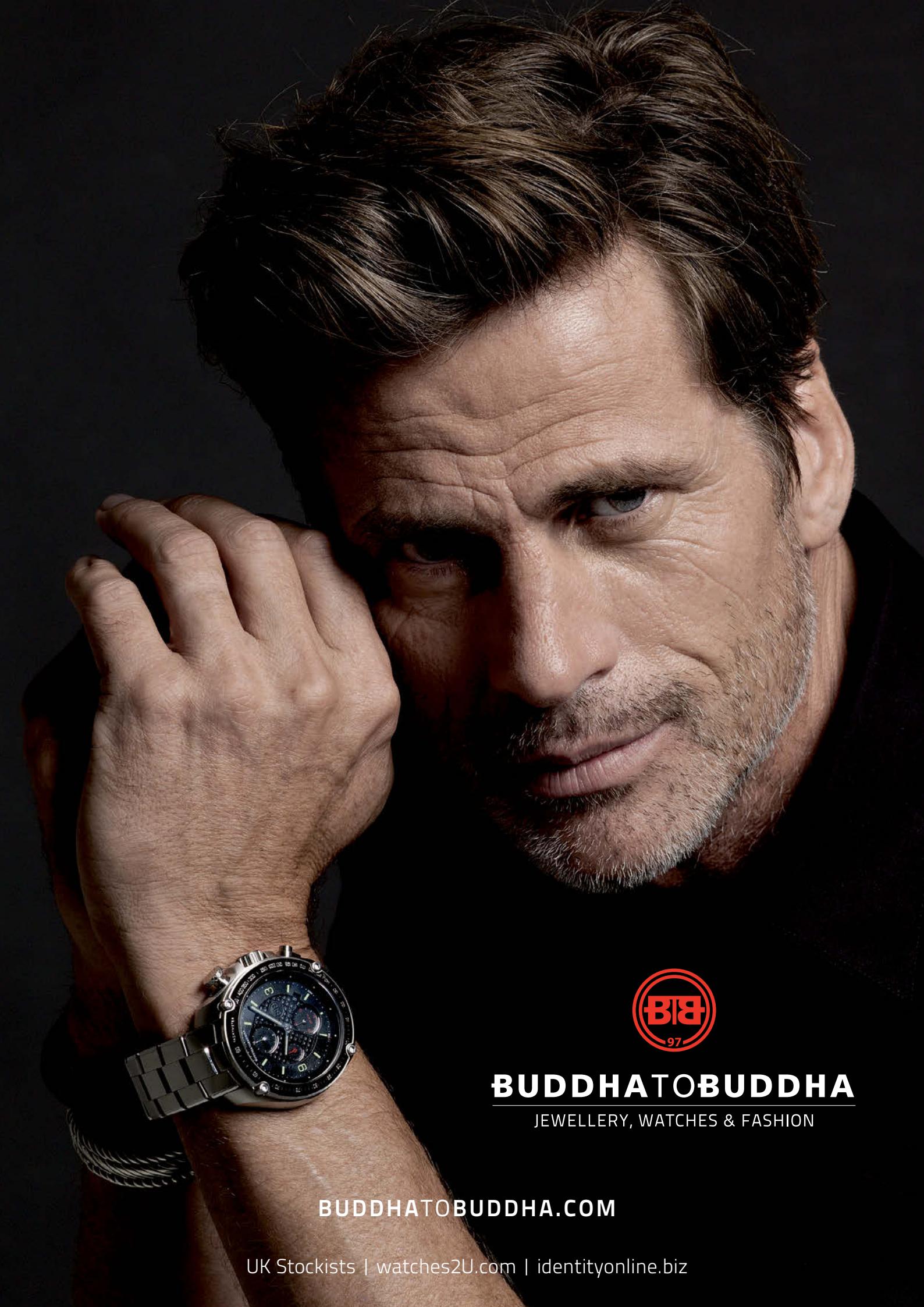
COMMON PHRASES YOU WILL NEVER HEAR ABOUT WOMEN'S FOOTBALL.

“Have you seen that Stephanie Roche goal that was up for World Goal Of The Year?”

“Were you aware an ancient version of female football called Tsu Chu was played during China's Han Dynasty of 25 to 220 CE, and was depicted in frescoes?”

“There's as many women playing football in the US as men you know.”

DISSECTED BY John Earls.



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WORDS TOM MITCHELSON

BAD ROMANCE

WITH THE AWARD-LADEN
BOYHOOD UNDER HER BELT,
PATRICIA ARQUETTE HAS COME A
LONG WAY FROM THE CHERRY-LIPPED
TRAILER TRASH GIRL FROM TRUE
ROMANCE. BUT HER FANS WON'T HAVE
FORGOTTEN ALABAMA WORLEY.
SHE TALKS STALKERS AND
HER HORROR AT WEB PORN.



LAST YEAR SHE WAS BEST REMEMBERED FOR TRUE ROMANCE.

Now she's known more for picking up the Best Supporting Actress Bafta trophy for her role in Richard Linklater's coming-of-age epic *Boyhood*.

The 166min run-time of the picture might not quite be long enough for Peter Jackson to fling a ring into a volcano, but it'll be remembered far longer than the *Lord Of The Rings* trilogy for showing its characters age on screen in real time.

(Just to put that run-time in perspective for anyone dodging seeing it because they think it's "too long", it's the same length as *Transformers: Age Of Extinction* – so go and see it.)

It's easy to forget since its award recognition that when shooting started on *Boyhood* the project was little more than an interesting experiment.

The budget was \$2.8million (£1.8m) for 12 years – but Arquette wasn't in the least bit daunted by committing to a project for so long.

The 46-year-old tells *Loaded*, "I've always loved doing small art movies really

for art's sake and for the project." Even though *Boyhood* was a small budget, Arquette has no time for actors who don't take certain parts simply because they don't think the budgets are big enough.

"I've seen a lot of people not work because their ego about what is proper for them to do with their celebrity status," she says. "After a while no-one hires them. Little movies don't hire them. No-one hires them."

What of all this talk of her dog walker being paid more than she was for her part in *Boyhood*?

"The truth is, even movies today are paying very few people enough money to survive," Arquette admits.

Which is perhaps why she's become attracted to TV roles in recent years.

She's certainly no snob when it comes to the small screen.

"I really like the idea of network television, which is entertainment for the masses," says Arquette. "My great grandparents were in vaudeville, which was like network TV. It was five cents per show. I felt that there was a real elitism towards television that I wanted to go against."

Television, then, has been paying the bills. But there is more to it than that.

Arquette adds, "I like the idea of reaching worldwide audiences, I like the idea of being in someone's apartment in Dubai, someone's shack in Mexico.

"I mean, I've done aid work all over the world and it's amazing how many people can watch television. Sometimes they're hungry but they get to watch television. I like to be a part of that momentary forgetting of troubles."

Let's look at her troubles for a moment. Those five cent vaudevillian grandparents were hardly rich and the young Arquette found herself in a situation that didn't necessarily point to a glittering movie career. "We were very poor at a certain point in our life, and when I was little we lived in a hippie commune in Virginia," she says.

"We didn't have a lot of money at all. So all I knew was nature and creativity."

When the family moved to California it was a culture shock.

"I went to this school and this boy said, 'What kind of car does your dad drive?'" Arquette says. "I said, 'Yeah, my dad has a car', because in the commune there was like two trucks everyone shared. So he's like, 'OK, what kind of car?' And I didn't know there was different brands – better ones, more expensive ones, cooler ones.

"So I just said, 'What do you mean?' And he goes, 'What kind? Toyota? Mercedes? What is it?' And I said, 'It's not a truck'. He was like, 'OK, there's something wrong with you'. But that's kind of how I grew up."

Arquette has a steely core of determination, whether it's tackling gritty roles or dealing with her personal life.

"I was a single mum at 20," she says. "I didn't see that coming and it was hard to figure out. How do I buy food and diapers? How do you do this? How's this possible? And I don't want to borrow money from everybody. I want to feed my kid myself."

Every big name in Hollywood seems to have a story about how fame has brought more pressures than anyone can expect to handle. Arquette, refreshingly, avoids the 'poor me' tales of the privileged.

"I really know how it is to be a poor child and not have shoes in the summer," she adds. "I know how it is to be hungry and hear your mom really worried about paying bills and buying food. So I think that influenced me a lot, by not taking things too seriously. There is an illusion in Hollywood and there's an illusion in fame and I never really took it seriously."

And if the acting roles dry up, it sounds as if Arquette would be happy doing something else.

"I wanted to be a midwife, which is sort of like being an actor – a little bit," she says.

"I HAD THIS ONE FAN CONTINUALLY WRITE TO ME TELLING ME I WOULD LOOK GREAT IN A TURTLENECK. IT WAS A SERIES OF TURTLENECK INFUSED MESSAGES"

PATRICIA ARQUETTE

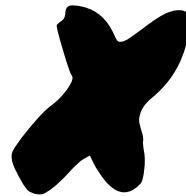


TRUE CALLING
PATRICIA ARQUETTE'S
ROLE IN QUENTIN
TARANTINO'S TRUE
ROMANCE WITH
CHRISTIAN SLATER.
ABOVE AND RIGHT,
PUT HER ON
THE MAP.





LABOUR OF LOVE
ARQUETTE HAD NO
HESITATION IN SIGNING
UP FOR 11 YEARS TO
MAKE BOYHOOD
WITH CO-STARS
ETHAN HAWKE
AND ELLAR COLTRANE.



“AS AN ACTOR YOU SPEND MONTHS AWAY FROM YOUR PARTNER SOMETIMES AND TO MAINTAIN A CONNECTION YOU WANT TO SHARE INTIMACIES WITH YOUR BELOVED AND THERE'S NOTHING DEVIANT ABOUT THAT”

Fame, when it came for Arquette, came very big. It arrived in the shape of 1993's *True Romance*, scripted by then-wunderkind Quentin Tarantino and directed by Tony Scott, with a cast that included Christian Slater, Dennis Hopper, Brad Pitt and Christopher Walken.

Arquette stood out as Alabama Worley in the movie – her white trash accessories and neon leopard print making her a technicolour dream.

It was a mesmerising performance, if performance is even the right word.

Tony Scott once described how he and Arquette worked together by saying, “Patricia used to call my right hand ‘The Persuader’. She'd say, ‘Bring on The Persuader’, and I'd have to slap her. That does not happen a lot with me and actors.”

In other words, she's one of the most co-operative people with whom he'd ever worked.

Maybe that's why the TV jobs have constantly rolled in for Arquette.

She became a household face by starring in *Medium*, a series about a crime-busting psychic called Allison DuBois. When it was cancelled after seven series, it was time for Arquette to reflect on her career.

“I was pretty exhausted when *Medium* ended,” she says. “I needed a break to be there for my daughter. I was reading material and I wasn't really finding anything that interesting.”

In April 1995, Arquette married Nicolas Cage. They separated after nine months, but acted as a couple in public until Cage

filed for divorce in 2000. She also married actor Thomas Jane in 2002 before they divorced in 2011, citing “irreconcilable differences” as the reasons for the split.

Last year, Arquette took a role on *CSI* – which brings us to her suspicion of the Internet. In *CSI: Cyber*, Arquette plays a cyber-psychologist who you really don't want to let near your search history.

In light of last year's Hollywood hacking scandal in which celebrities' naked photos were leaked across the web, the part couldn't be more timely.

“I think there's a real love/hate relationship that people have with celebrities,” Arquette says. “If it was the wives of soldiers in Afghanistan who'd had their nude photos taken that they'd sent their husbands, I think there might have been a different response from the public.

“As an actor, you do spend months away from your partner sometimes, and to maintain a connection with each other you want to share intimacies with your beloved and there's nothing deviant about that.

“The deviant thing is when other people feel they have a right to impose themselves on your private sexuality. And as a community or society that would agree with that concept or blame the victim, that is a deviant behaviour.

“Basically I consider it a societal molestation, when people share other people's sexuality that they didn't give to them.”

Arquette's eyes have clearly been opened to the dangers of the Internet,

especially as a parent. “Of course always there's a 12-year-old boy who wants to look at someone's boobs,” she admits.

“But now when you put in ‘boobs’ online, the algorithm has skewed to the deviant. The pictures that kids are going to see is some really intense sexual content with boobs.

“They're more exposed to group sex images and anal sex images than they ever would have been in their pre-pubescent years and than they ever would have been before on a huge mass level.”

Having seen the darker side of the Internet, Arquette is more forgiving than most when it comes to dealing with fans whose intentions may not be entirely honourable.

“I had this one fan continually write me,” she says. “He would say, ‘Do you understand how lovely a woman looks in turtlenecks? Have you ever thought about wearing turtlenecks more? Turtlenecks are the most beautiful, attractive thing on a woman. I like how you look, except you're not wearing a turtleneck’.

“It was a series of turtleneck-infused messages, obsessing about turtlenecks. And then when I got Twitter, I looked at his little account and he was writing to other actresses. He was like, ‘You would look great in a turtleneck’.

“The turtleneck guy is out there! I kind of dig him. It's kind of cool.”

Boyhood is propelling Arquette back to the forefront of casting directors' minds after her *True Romance* breakthrough 22 years ago.

There is much talk of actresses not getting the roles when they reach a certain age (Golden Globes host Amy Poehler quipped that *Boyhood* “proves there are still great roles for women over 40, as long as you get hired when you're under 40”.)

But Arquette, on her way to 50, is bucking this trend.

“It's not often that you have female leads in procedurals and I think that's exciting to see, frankly, and I think it makes sense.

“Women are smart.” **Id**



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01

FKA TWIGS

MUSICIAN

AGE 27

The best thing to come from Gloucestershire since cheese-rolling, FKA Twigs is a mesmerising talent. We haven't seen a woman move the way she does in a very long time. Her real name's Tahliyah Debrett Barnett, she's a fan of bondage gear and writes lyrics that will make you blush. Selling out tours in the UK and the US, Twigs is fast becoming a global star. Hat tip to Robert Pattinson for managing to claim Twigs as his girlfriend.



02

SUKI WATERHOUSE

MODEL

AGE 23

She almost felt too fresh-faced and youthful to fancy until Bradley Cooper started going out with her. The face of Burberry is hot property with top fashion houses and now Hollywood is starting to take notice. She boozes, dances and doesn't seem to take herself seriously.



03

TAYLOR SWIFT

MUSICIAN

AGE 23

After years of being deemed annoying, it seems there's more to Swift than just a butter-wouldn't-melt singer. The country-pop superstar has a list of famous exes as long as your inside leg and has written songs about them all. But as one of the biggest selling female artists in history, she's having the last laugh. Yet, just as we made a Taylor Swift playlist to play on a Monday morning, she whipped her entire catalogue off Spotify. A bit greedy.

KATARINA JOHNSON-THOMPSON

ATHLETE

AGE 22

She hit our radar during London's 2012 Olympics, in which she competed in the heptathlon. The Liverpudlian may have missed last year's Commonwealth Games and European Championships due to injury, but she is ready to defend her British indoor high jump title. Seeing as she smashed former junior records held by Jessica Ennis-Hill, it's easy to see she has a big future.



06

CRESSIDA BONAS

ARISTOCRAT / ACTRESS

AGE 25

Prince Harry must be kicking himself about this one. Cressida ('Cressy' to her friends), split with the Royal last year because she didn't want to sacrifice her lifelong ambitions and become the next Kate Middleton. Not only does she like to party and "drink a lot of rum", she won rave reviews for her London stage debut in eccentric play *There's A Monster In The Lake* last month. Harvey Weinstein has cast her in his new film *Tulip Fever*, so we'll be seeing a lot more of her this year.

04



AUBREY PLAZA

COMEDIAN / ACTRESS

AGE 30

From the same school of comedy as Amy Poehler and Tina Fey and known for her deadpan style, Plaza is a woman to be celebrated. Roles alongside Seth Rogen and Jason Bateman have help put her on the map but thanks to her part in sitcom Parks and Recreation, the Delaware-born brunette is fast becoming a household name in the US. She also talks about penises in her comedy - a lot.

05

LENA DUNHAM

ACTRESS, AUTHOR, PRODUCER, DIRECTOR & EXHIBITIONIST

AGE 28

Ok, Dunham is not an exceptional beauty - she's already said that herself - but she does have an exceptional mind. Her brutally honest work has been compared to Sylvia Plath, Elizabeth Wurzel and Diana Athill. The New Yorker's hit show Girls is fussed about over all over the world and has earned her 12 Emmy nominations and two Golden Globes. The multi-talented star last year released her memoir *Not That Kind of Girl*, which became an instant best-seller. She also refuses to slim down and whips them out a lot in Girls - with her nude table tennis-playing escapade an especially memorable moment.



08

ELEANOR CATTON

AUTHOR

AGE 29

The Canada-born New Zealander became a literary phenomenon overnight with her best-selling, doorstop-sized tome *The Luminaries*. The book is so brilliant it won the Man-Booker prize in 2013, making Catton the competition's youngest winner. When not writing, the outspoken, blue-eyed brain also teaches creative writing in Auckland where she lives with her partner, American poet Steven Toussaint.



09

KATE TEMPEST

POET, PERFORMER & PLAYWRIGHT

AGE 29

Described as one of the brightest talents around, the wielder of words tackles poverty, class and consumerism in her music. Tempest started out rapping at strangers on buses when she was 16 and has been honing her craft since. From Brockley in south-east London, she is the first person aged under 40 to win the Ted Hughes award for innovation in poetry. Her first album *Everybody Down* is genius.



10

VIVIAN GRAUBAUD

ADVISOR TO THE WHITE HOUSE

AGE 25

President Barack Obama created a new office to improve the US through technology, with Graubaud serving as policy advisor to the Chief Technology Officer. The IT graduate from American University in Washington is helping to bring the government into the modern era again. All of which builds into one of the best Twitter bios you could ever wish for.



EMMA WATSON

ACTRESS

AGE 24

We fancied her as Hermione, but really admire her now. The Harry Potter star has endured her whole life being scrutinised in the spotlight, all without a single trip to rehab. Oxford educated, classy, good-humoured and a striking talent, she's a favourite English rose. Not to mention she's got an estimated £30million in the bank. Her speech last year addressing United Nations on gender equality was impressive world news.





12

MELISSA HEMSLEY

FOOD GURU

AGE 28

One half of Hemsley + Hemsley, Melissa, along with sister Jasmine, are women you would love to be in charge of your kitchen. Together they are dedicated to encouraging people to eat well and live more energised lives. They released their first cookbook, *The Art Of Eating Well*, last year and it became a foodie bible best-seller. They are without a doubt the hottest gurus around. You would live on kale if they told you to.



13

MAISIE WILLIAMS

ACTRESS

AGE 17

Having risen to fame as fearless Arya Stark in HBO's blood-soaked sensation *Game Of Thrones*, Williams has a massive future ahead. Huge roles are coming her way on the back of the swords and shagging series. The first big one is the lead role of Ellie in *The Last Of Us*, the live-action computer game that has millions of fans around the world. The fact she's refreshingly down to earth and apparently unaffected by fame makes us like her even more. If you don't already, you should be following her on Twitter.



14

STEPHANIE ROCHE

FOOTBALLER

AGE 25

Her goal was billed as the 'best in the world' alongside one of Cristiano Ronaldo's efforts. The Irish international grabbed the world's attention scoring for Peamount United against Wexford last year. The amateur video of her strike was watched millions of times online and nominated for FIFA's prestigious Puskas Award. Ronaldo was caught on camera showing his appreciation for Roche's long legs at the recent Ballon d'Or awards in Switzerland. Pages 96 and 97 of this issue deal with her place in women's football.



15

KENDALL JENNER

MODEL / REALITY TV STAR

AGE 19

Reluctant as we are to plug reality TV, Jenner's become impossible to ignore. Last year she was sneered at by the fashion world and fellow models. Now she is taking her pick of the catwalks and joined to Cara Delevingne at the hip. Her older, much bigger-bottomed sister Kim recently made a comment about her half-sister owing her career to her. Chin up Kim, it's OK the world now has a new fresher, favourite Kardashian.

16

JENNA COLEMAN

MUSICIAN

AGE 28

The Blackpool-born beauty got her big break on crap soap *Emmerdale*. But it is playing Dr Who's glamorous assistant Clara Oswald (she's just signed up for a third series) that has really got our attention. With a combination of raw talent and a perfect face, it won't be long before she is off to Hollywood. Her *Game Of Thrones* star boyfriend Richard Madden is a lucky man.

PICTURE Celebrity Pictures





17

MALALA YOUSAFZAI

WINNER OF THE NOBEL PEACE PRIZE & AUTHOR

AGE 17

A fearless youth activist from the Pakistani district of Swat who was shot by the Taliban on her way to school - everyone should know the amazing story of courageous Yousafzai. She is the youngest Nobel Peace Prize winner in history and now lives with her family in Birmingham. Her ambition is not to stay at home though - the teenager wants to become prime minister of Pakistan.



18

CHARLI XCXSINGER/
SONGWRITER**AGE 22**

Interviewed on pages 30 and 31 of this edition, Charli XCX is the Debbie Harry of our generation. She was so determined to make it as a pop star, the Cambridge-born singer persuaded her family to loan her the money to publish her first record herself. Now on her third album, she's determined to set up her own record label - but, in her words, not to make "shit" music like Simon Cowell.



19

JENNIFER LAWRENCE

ACTRESS

AGE 24

She's already Hollywood royalty and one of the highest paid actresses on the planet. Since starring in hits including *The Silver Linings Playbook*, *American Hustle* and the *Hunger Games* franchise, big-name directors have been banging down her door. She's smart, gorgeous, tells good jokes and is dating Chris Martin. We won't mention where you can still see those hacked photos on the web.



20

RIHANNA

MUSICIAN

AGE 26

Back with her eighth album, which features collaborations with Kanye West and Sir Paul McCartney, the 21-time Grammy winner continues on her quest for world domination. With 56 million records under her Bad Girl belt, she's getting sexier and smarter each year. It's no wonder Hollywood's chief playboy Leonardo DiCaprio has been sniffing around. RiRi's Instagram account brightens up our darkest of days.

21

CARA DELEVINGNE

SUPERMODEL

AGE 22

This "accidental supermodel" is on the cusp of being the most famous model in the world. Free and fun, the London-born star is hot on the heels of Kate Moss as Britain's most iconic clothes horse. She's reached the glass ceiling in fashion and is now having a go at film. With 1.68 million followers on Twitter and 5.6 million disciples on Instagram, she's taking over the world. Never have bushy brows and tracksuit bottoms looked so good.

JOURDAN DUNN

SUPERMODEL

AGE 24

With a net worth of £8million, she's the first black British model to ever make the Forbes rich list. The Londoner was discovered by Storm modelling agency outside Primark in Hammersmith. Once appearing in 75 London fashion week shows in one season, she also often addresses the fashion industry's myopic attitude to race. And there's those endless stairway to heaven legs.



WHAT DO WOMEN REALLY WANT?*

Julie Burchill on why trying to figure out females is modern man's most pointless endeavour.

*“What men really mean is, ‘What do women want from men?’ It’s a personal worry posing as a philosophical debating point”

“

hat do women want?” asked Sigmund Freud back in the mists of time, long before L’Oreal conclusively told women it was a bottle of shampoo that was worthy of us. While the question may well have been intended sincerely, I’ve always found it a bit dodgy.

Would A. Thinker ever dream of asking the question, “What do gay people want?” or, “What do Jews want?”

Yet it was considered quite OK to lump women together in one big many-mawed-yet-oddly-faceless herd.

Am I the only one who senses something of the frustrated husband at the end of his tether in the query? (“What do you bloody want? I’m not a sodding mind-reader, Martha – JUST TELL ME!”)

Let’s face it, Freud foisted a good many silly ideas on the world – that dreams are interesting and people want to have sex with their parents, to name but two.

But what men really mean by the question, “What do women want?” is, “What do women want from men?”

It’s a personal worry posing as a philosophical debating point.

Sometimes one can’t help but think men do this (as they do so many things) in order to get some sort of sexy thrill out of the idea of being rendered superfluous. We take it for granted we all want to feel “special” to That Special Person, but maybe there’s some sort of kinky wish-fulfillment in the idea we might actually be reduced to the level of a sofa, a turkey-baster or one of any number of humdrum household objects.

No-one ever went out of business selling gimp-masks, after all.

What men (excluding gay ones, Cliff Richard and his merry band of fellow celibates) generally want women to want is to want them. What they generally fear is women will want them for the wrong things. It’s women who are thought to be

the soppy sex, but they are capable of great hard-headedness in matters of what is laughably known as The Heart.

I know from personal experience women tend to become sexually impervious to their husbands far more often and earlier than husbands do to their wives, while the statistics clearly show the majority of divorces are initiated by women.

According to psychologist Dr Wiebke Neberich, “Women are more often the one to break off the relationship, and men have a propensity to overestimate a woman’s interest, meaning that they also get brushed off and suffer from unrequited love more often.”

This disinclination to put all one’s eggs in one bastard (to quote Dorothy Parker) can probably be explained by the fact women tend to put such a lot of emotional investment into their friendships – far too much for comfort, sometimes.

The social phenomenon of Late-Onset Lesbianism and my own experiences of fending off the clammy, tearful advances of middle-aged broads who’ve spent a lifetime making men miserable and now seem set on spreading the benediction to both sexes has led me to believe that what quite a lot of women want is... their mates.

Failing that, they’ll be happy to pay for the intimate touch of a strange young woman in some

scented commercial concern.

I’m convinced the massive surge in ‘pampering’ of all sorts has a lot to do with women’s desire to be mauled about by pretty young girls under the pretence of trying to become more attractive to men.

You’d think if a woman wanted to relax, or have a nice bit of Me Time, she could easily opt for a good old roll-around. But a lot of women aren’t interested in sex without making it into a huge performance number – they want romance, the very desire for which indicates a dislike of sex

in itself, I’ve always thought. We’ve all heard about those broads in relationships who mysteriously stop shagging their Significant Other, claiming they “haven’t got time for sex” and, “I’m too tired”.

How come they’re never too tired to get trashed on rosé wine with their mates on a Friday night, go to the garden centre early on a Saturday morning and spend every weekday on Mumsnet?

Maybe sex wouldn’t take so long and be so tiring if they didn’t demand the Ring Cycle equivalent of romance first?

Most women want a man who makes them laugh. Sadly, they often don’t see this goes two ways and men need to have fun as much as they do.

Some women want a man to tick all the boxes – handsome, rich, great job – but would be outraged if men subjected them to a similar shopping list.

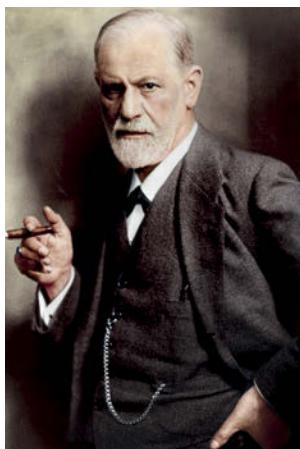
Some women want sperm donors – there was a creepy survey that showed that men’s heart rate went up and their pupils dilated when they were shown photographs of naked women, while women had the same reaction to pictures of naked babies. (Wouldn’t there be a right old ruckus if men reacted the same!)

Some women want meal-tickets and, once again, women would hate it if these roles were reversed. The merest speed-read of the history of sexual relations and you’ll understand why so many women are so weird about men and sex – prancing about in next to nothing then swooning with Victorian outrage when some chump tells them they have a nice rack.

The way female sexuality has been corralled and controlled over the centuries would leave any poor sod confused. Because of the disparity of opportunity and pay in the workplace for so long, women found the easiest way to advance themselves was through a man, and so the trapping and keeping of a husband became something most women put above all else.

It takes a long time to heal from such strange and prolonged distortion of the self – hence the phenomenon of broads insisting they are “strong women” while buying books in which the sole point is the heroine being dominated by the hero. This historical injury explains why it’s still so hard, often, for men to understand what women want. I don’t even know.

But I have a feeling what women really do want above all is for the day to come when, “What do women want?” will be seen as just as silly a question as asking what is wanted by gay people, or Jews – or men. When that day comes, the sex war really will be over, bar the shouting. **Id**



FREUD’S BIG SLIP Sigmund endlessly pondered what women really wanted.

A photograph of three red, translucent dice with white pips, arranged on a light-colored wooden surface with a visible grain. The dice are positioned at different angles, with one in the foreground showing a 1, one in the middle showing a 3, and one in the background showing a 5.

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WORDS Tom Mitchellson

Come awards season, there are a number of ways an actor can enhance the chance of landing a gong to decorate the mantelpiece. That is to portray either a real historical figure (Gandhi, Margaret Thatcher, Ray Charles or Queen Elizabeth have been good for gongs) or play a character with a severe medical condition (think Dustin Hoffman in Rain Man, Daniel Day-Lewis in My Left Foot or Al Pacino in Scent of a Woman.)

Step forward Eddie Redmayne, whose acclaimed performance as motor neurone disease sufferer Stephen Hawking in The Theory Of Everything has seen a spike in sales of the genius' unreadable 1980s bestseller A Brief History Of Time.

The role has already won Redmayne a Bafta for best actor.

To describe the role as a challenge would be an understatement.

So did the 33-year-old Redmayne feel a sense of trepidation about portraying one of science's most profound thinkers?

"Daily" he says. "The whole thing was from a very odd circumstance because I read the script and I went in thinking it was going to be a biopic of Stephen's life.

"What I read was this kind of quite intricate, complicated love story between two quite formidable people."

The film follows the story of Hawking as he falls deeply in love with his first wife, fellow student Jane Wilde.

It's just as well – particulars of string theory and quantum mechanics may be more given to a PowerPoint presentation than a theatrical release.

The director James Marsh, whose film Man On Wire won the Best Documentary Oscar in 2009, said he felt capturing the humanity of Hawking was the vital part of

his movie's equation. "I was profoundly moved by Man On Wire," says Redmayne. "When I heard James was directing, I thought that was such a tantalising combination that I sort of leapt into trying to get the part."

Cue a fraught conversation between Redmayne in London and the director in Copenhagen, in which the actor talked himself into the job.

"I spoke to James on the phone and it was like any job interview... basically lying!" he laughs. The days of "basically lying" should be over for Redmayne with his Bafta recognition.

Despite the part bringing huge physical acting pressure, taking on the role of Hawking as a Cambridge undergraduate was no doubt made easier by Redmayne's own university experience – he's a Cambridge graduate.

With a background privileged enough to afford Eton's £30,000 a year fees, Redmayne is now firmly entrenched as one of the Public School Mafia advancing to the top of the showbusiness tree.

The glut of Eton-educated actors in Britain, including Tom Hiddleston, has been credited to the school's fully-equipped 400-seat theatre.

Redmayne had the acting bug long before he arrived at Eton, he says. But it wasn't in his blood.

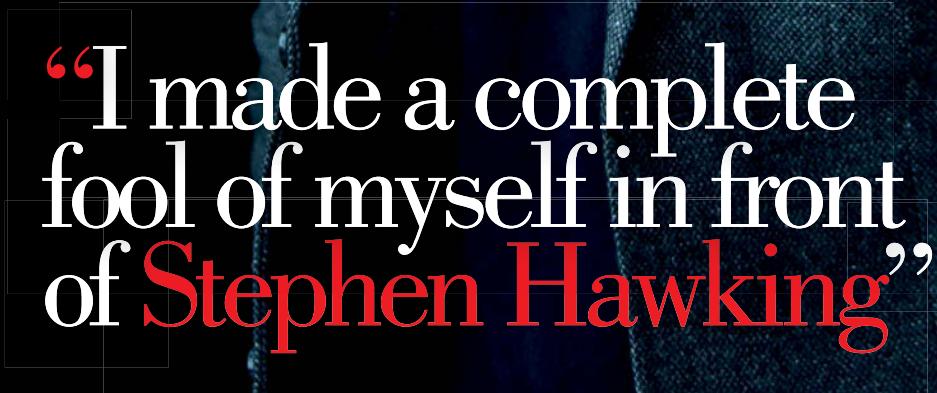
He says, "I don't know where it came from because it's not in my family at all.

"One of the first things I did was when I was 11. I was in a production of Oliver and it was at the London Palladium."

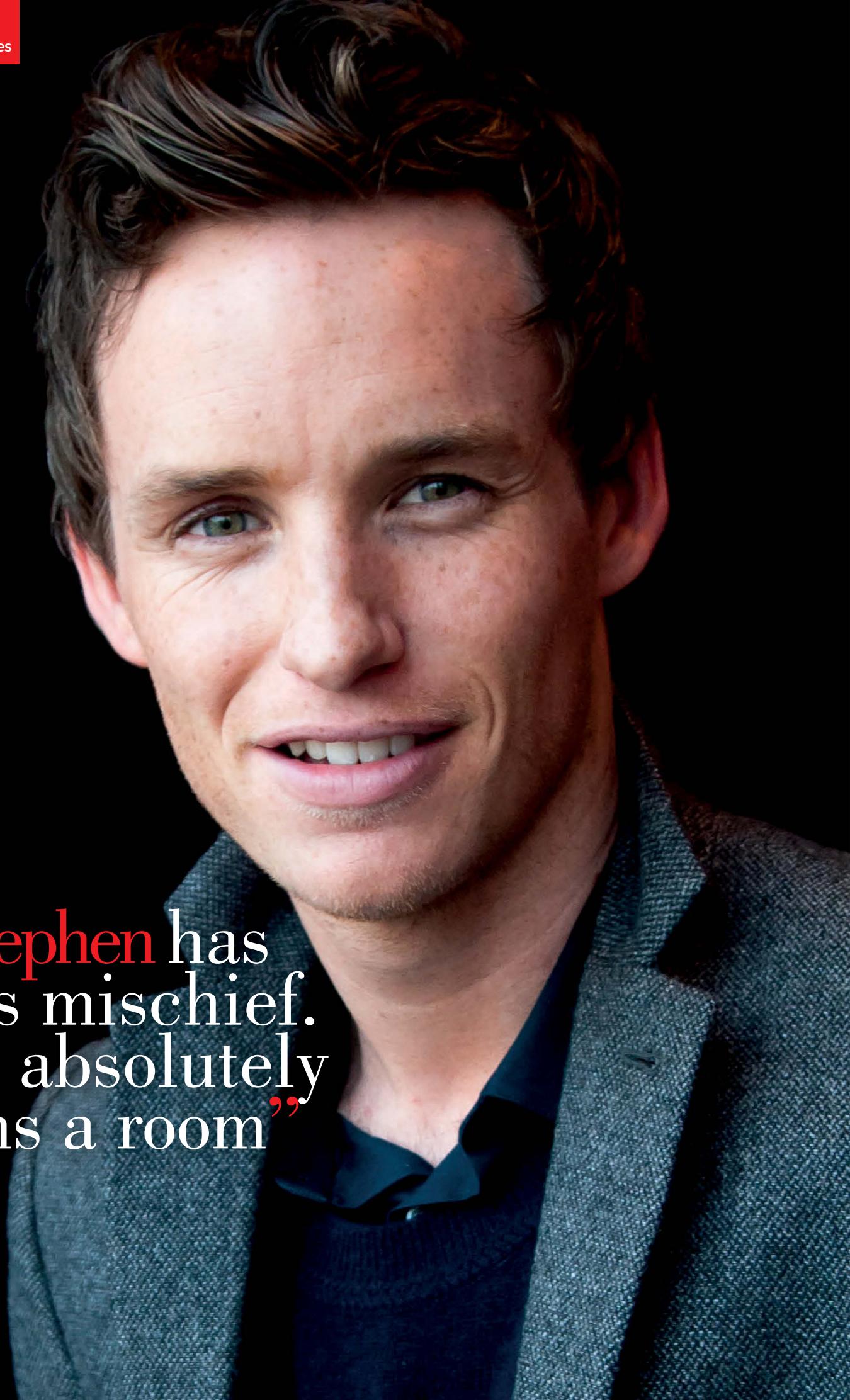
Playing 'workhouse boy number 38' was an unglamorous introduction to the acting profession, but there were advantages as the role enabled Redmayne to skip double physics and discover a world beyond the



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MEN
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“I made a complete fool of myself in front of Stephen Hawking”



“Stephen has this mischief. He absolutely runs a room”



BEST ACTOR
Redmayne picking up his BAFTA for *The Theory Of Everything*.

Eddie Redmayne

LEADING MEN SPECIAL

classroom. "I was at school in Barnes and I could leave during the middle of class on a Wednesday," Redmayne adds.

"I was like, 'I'm off to the play'. And all the backstage was huge dark vaults and I found that kind of intoxicating."

Further professional roles had to wait until Redmayne had finished reading History of Art at Trinity.

Actors aren't generally known for their smarts, but they have the advantage of being able to bluff convincingly.

"When I was at Cambridge, the seriously clever people were always the people that felt very little need to demonstrate it and so I was like, 'Oh great! So if I just pretend I am incredibly confident in my intellect then I don't even have to worry about that,'" says Redmayne.

Intellect didn't need to come into the picture during his early modelling jobs.

"My only knowledge of the fashion world comes through Christopher Bailey, whom I first met in 2008 when I did a campaign for Burberry that featured musicians, artists, actors and sportsmen," Redmayne has said. "I'm quite ignorant about fashion and I'm colour blind, so it's all a tad tricky."

Razor-sharp bone structure and winsome looks aside, Redmayne was focused on carving a career onstage as a serious actor, and made his professional stage debut in the 2002 production of *Twelfth Night* at The Globe.

Two years later, his performance opposite Jonathan Pryce in Edward Albee's *The Goat* – about a man who falls in love with the titular goat – was his breakthrough and he scooped the trophy for Outstanding Newcomer at the 2004 Evening Standard Awards.

Fortunately, Redmayne's parents don't seem too unhappy about the expensive education culminating in a career that is

notoriously unstable and involves standing in a spotlight remembering someone else's words.

He says he can always rely on his parents for criticism though.

Redmayne adds, "My mum is that person when she comes and sees a play, afterwards she'll give me a big hug, and you can literally put the timer onto 23-and-a-half minutes and she's like, 'Do you think you had your hands in your pockets a bit too much?' Inevitably she is right."

It's easy to think of Redmayne as someone with a silver spoon, but his masterful charisma has an unforced quality and an honesty that is disarming.

As his profile grew, and interviewers started asking questions about his private life, he had a habit of exploring strange tangents. He once reflected, "I did an interview once where I was asked who I found attractive and I went on about cartoons and Nala from *The Lion King* – and it's a bit weird but various of my ex-girlfriends actually did look like Nala."

Hannah Bagshawe, his long-term girlfriend and now wife, is refreshingly three dimensional, though she has had to be patient.

She met Redmayne at school and saw would-be Nalas come and go while her future husband cemented his relationship with his profession.

It wasn't so long ago he said, "Ladies and babies, and mortgages for that matter, can all wait. Acting has done a strange thing to me, though. I often sit there, thinking, 'I love this, but I wouldn't put my daughter on the stage'."

By the time he returned to Cambridge to film *The Theory Of Everything*, his life had transformed. It took a text message to bring it all home how far he'd come.

"We shot the Cambridge exteriors in the first week," Redmayne says. "My parents sent me this text message going, 'God, it's kind of amazing to think 10 years on you're

lucky enough to be back at Cambridge playing this extraordinary man'."

He adds about Hawking, "I only got to meet him about five days before we started filming. I'd done all this research and I suddenly got the opportunity to meet him. I was like, 'What if I've got it wrong?'

"It takes him maybe like eight minutes, or six, seven, eight minutes to write a sentence and so it's a very unique rhythm. There are these long, long pauses and I was nervous and I have a hatred of silence anyway and so I just, I basically just made a complete fool of myself and arrived and just started spewing forth information about Stephen Hawking to Stephen Hawking for 45 minutes and it was genuinely pretty tragic.

"Eventually I calmed down and he was just looking at me going, 'Really? You're going to tell me about myself? I do know all this, I do live it'. And then eventually I calmed down and then he said a few specific things. But really what I took away was the strength of his charisma and this sort of incisive wit.

"It's like this mischief, this glint that he has in his eye.

"He's very powerful even though it's difficult for him to communicate. He absolutely runs a room."

Redmayne insists he's not going to get big-headed about his success, saying, "I've been very lucky. I've been working like Ben (*Benedict Cumberbatch to us*) for 10 or 12 years now and just keep putting one foot in front of the other and people hopefully enjoy your work and keep hiring you. I get to do the thing that I dream of and that is rare I think."

Finally, it has to be asked, is Prince William still a pal? (The pair were at school together and on the same rugby team at Eton.)

Redmayne answers, "Um, no, he was a pal at school, but I haven't seen him since school."

"And no – no messages." 

“I Know How To Turn Up The C**tness”

WORDS John Earls

He's one of England's finest psychos for hire. **But Stephen Graham loves sitting at home with his kids.** He tells us why his pal Leonardo DiCaprio's basketball obsession annoys him and reveals how a pair of Gucci loafers helped him fill the shoes of his latest vicious film nut.

Even if you're the most casual TV or film viewer, at some point in your life Stephen Graham will have scared the shit out of you. Yet the real Graham is a friendly, funny Scouser who's just 5ft 5½in tall and a happily married dad who lives quietly in the countryside.

On screen, Graham often seems properly, scarily insane – whether it's in big-budget blockbusters such as Martin Scorsese's *Gangs Of New York* and Michael Mann's *Public Enemies*, or Britflicks such as Shane Meadows' majestic *This Is England* or his scene-stealing portrayal of original gangster Al Capone in *Boardwalk Empire* (Scorsese again.)

So it's reassuring to learn Graham is so good at being unhinged he even scares himself.

“I normally get very self-conscious watching myself on screen and think, ‘I was shit in that bit’,” says Graham from his home, which overlooks a national

forest in Leicestershire. “But in a couple of episodes of *Boardwalk Empire*, I did think, ‘Oh wow, that's a bit gruesome! How did I get so close to the edge there?’”

Graham is married to Hannah Walters, an actress who co-starred as sex-mad Trudy in *This Is England 86*, the film's Channel 4 spin-off.

“If I see a scene where I think, ‘Ooh, that's a bit nasty’, I turn to Hannah and go, ‘Hello, love’. She'll just look at me, going, ‘Hiya, y'allright?’ It's very reassuring.”

Graham insists he has no idea why he excels at portraying bad bastards, though he thinks it may be out of necessity to compensate for his lack of leading man appeal. “I'm never going to play Mr Darcy in *Pride And Prejudice*, so I'd better get my teeth into something,” he chuckles.

“I enjoy playing psychopaths and there are little things that make me angry, like rudeness, which I can draw on. It's my own version of therapy really. I go into a dark little place in my head and put it all on screen.”



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“Johnny Depp laughed his head off when I showed him clips of Les Dawson on You Tube. We just used to watch old episodes of The Fast Show between takes”

WILD MAN
Graham in three scenes as a corrupt cop in his new film *Hyena*.

CINEMA'S OTHER WORST PSYCHOS

Stephen Graham's characters deserve permanent places in any list of top movie nuts. Here are the rest who are best at portraying humanity at its worst. (And they make Anthony Perkins, Anthony Hopkins, Christian Bale, Ben Kingsley and Robert De Niro look soft.)

Although he's too polite to mock the Daniel Day-Lewis style of method acting where he carries his character into everyday life, 41-year-old Graham is relieved he finds it easy to get in and out of character.

“I've been shot on screen a couple of times,” he says. “In reality, that means you've got pipes going all the way up your back and coming out the back of your head, with fellers four feet away with a massive tank ready to explode all the fake blood as soon as the gun goes off. Unless a director has shouted, ‘Action!’, I find it hard to stay serious when I'm walking around with a cup of tea on set with all that gear strapped to me.”

Written and directed by rising British auteur Gerard Johnson, mesmerising new cop film *Hyena* sees Graham push his dark side to the edge as David Knight, a bent police officer who's got a vendetta against his colleague and former friend Michael Logan (Peter Ferdinando), who ratted Knight out to their bosses for having sex with an underage witness.

Asked how he approached playing Knight, Graham laughs, “I'm about to say a word I don't like using in front of my wife”, only for a passing Walters to yell over, “Is it ‘cunt’?”

As the pair start cackling, Graham recovers his composure and explains, “Me and Gerard wanted the audience to see Knight and immediately think, ‘What a cunt!’ Gerard would tell me, ‘Turn up the cuntiness a little bit, he needs to be more of a cunt here’, and luckily, I know how to turn up the cuntiness.”

The key to Knight's ‘cuntiness’ was a dodgy pair of Graham's own shoes.

“I bought a pair of brown suede Gucci loafers from a bloke in a pub five years ago,” Graham recalls. “They were genuine, but still fucking horrific. Hannah took one look and went, ‘What the fuck’



BÉATRICE DALLE

PART Woman in Black in Inside, 2007.

PUTRID She performs a C-section with scissors on a writhing pregnant victim to cut out her foetus.



NAO OMORI

PART Ichi the Killer in Ichi The Killer, 2001.

PUTRID Ichi uses piano wire to hang one of his victims from the ceiling à la Tom Cruise in Mission Impossible, but far more bloody.



JO PRESTIA

PART Rapist 'The Tapeworm' in Irreversible, 2002.

PUTRID His nine-minute rape and assault on co-star Monica Bellucci makes this without doubt the worst date movie ever.



LAURENCE HARVEY

PART Martin Lomax in The Human Centipede II, 2011.

PUTRID Bashing in victims' teeth and stapling their mouths to the burns of his other captors to form a 12-long 'human centipede'.



CÉCILE DE FRANCE

PART Marie in Switchblade Romance, 2003.

PUTRID Massacring an entire family – including chopping off a dad's head using a bookcase. Then she gets out the chainsaw.

are those?" I was trying to explain they were £50 and a bargain, but they stayed in my wardrobe forever... until I realised Knight was just the kind of twat who'd actually wear them. So they've finally made an appearance. I've told Hannah, 'See, I did buy them for a reason!', which she accepts, so long as I never wear them in the house."

There's far more to Graham's acting than merely choosing the right shoes, of course, and he talks eloquently about trying to be thoughtful as an actor and "serving the story". He's extremely selective about the parts he plays, admitting he was horrified at how many "British bad guys" he was offered in the wake of *Boardwalk Empire*.

"You think to yourself, 'That's a decent bit of money on offer', but I didn't want to go down that road," Graham says.

"I'm very blessed to do a job I love, so it's my responsibility to take it seriously and make good choices. At the same time, yeah, I get paid for pretending as a living. We all used to do that as kids, and here I am at 41, still doing it. It's brilliant."

Although his role as troubled racist Combo in *This Is England* in 2006 was effectively his breakthrough, Graham didn't work for months afterwards and seriously considered quitting acting to become a youth worker (his father is a social worker in Kirkby, the Liverpool suburb where Graham grew up.)

He began acting at Everyman Youth Theatre, the local institution whose other graduates include David Morrissey and Paul McGann. "There's no way I'd ever have been an actor without it," he says.

So how does Graham feel about the cutbacks to local theatres and the rise of public school educated actors such as Benedict Cumberbatch, Eddie Redmayne and Damian Lewis?

"Look, I'm from the optimistic school of thought who thinks that hopefully the good talent will emerge no matter what," says Graham, citing his *This Is England*

co-stars Johnny Harris and Vicky McClure as examples. "But if it wasn't for the grant system, I'd never have got into acting. I met so many different types of people at Everyman – yes, actors from affluent areas, but also goths and punks. It's vital we keep those kinds of places going. If you lose the kids, you lose the future."

Warming to his theme, Graham continues, "Not every kid is bad, and it really pisses me off when people say, 'Oh, those terrible kids, they just sit on the corner every day, hanging about'. Give them somewhere to go then! You focus a kid's energy and they can take over the world. They just need people to believe in them. I had that belief, and that's why I'm blessed to do what I do."

It's that belief Graham and Walters try to instill in their own children, 10-year-old Grace and Alfie, eight. "I don't want them to get massive egos or become pretentious little twats," he says.

Although plainly devoted to his kids, Graham admits they sometimes wonder if their dad really is an actor, as most of his roles have been distinctly child-unfriendly. "I feel sorry for them sometimes, because their mates go, 'Your dad's an actor, but what has he been in?'" he laughs. "I can't really show them *This Is England*, can I? I did a lovely film called *Get Santa* last Christmas with Jim Broadbent playing Santa, and the kids had a great time at the premiere. But even then I played the one who helped Santa escape from prison!"

Wanting to give his kids something to see dad in was one reason Graham agreed to appear in the fourth *Pirates Of The Caribbean* film *On Stranger Tides* in 2011, as gossipy pirate Scrum. It's a role he'll reprise in the next movie, *Dead Men Tell No Tales*. Graham was cast by Johnny Depp, his *Public Enemies* co-star.

"It's something the kids can see and

it's a huge laugh," says Graham. "Johnny is the coolest guy in the world, obviously. The way I read Scrum is that he has a little double-act going with Captain Sparrow.

"I asked Johnny, 'Have you ever seen *Les Dawson*?' because Scrum and Sparrow are just like Les' classic sketch with two old biddies gossiping over the fence.

"Johnny laughed his head off when I showed him clips of Les on YouTube and if you look closely in *On Stranger Tides*, you can see me raise my knockers up the way Les did. Johnny is a real Anglophile, so we just used to watch old episodes of *The Fast Show* between takes."

Having nearly walked away from acting a decade ago, Graham is now more confident than ever, happy that he's only found stardom relatively late on. "After *This Is England* I wasn't going anywhere, but now I feel my best work is yet to come. I hope I'm maturing like a fine wine."

Although his intent is deadly serious, Graham's laughing as he says it. It's that unpretentious attitude that has helped him make friends throughout the acting industry, including Leonardo DiCaprio, who Graham's family usually stay with when he's working in Hollywood.

"He's a great guy, but we'll never see eye to eye on basketball," Graham says.

"It's good fun whenever I see Leo, but he keeps trying to teach me how to play basketball properly. Whenever I see a basketball I just want to have a kickabout."

Such tales were made for Twitter, but that's one area Graham refuses to engage with, despite Walters being a regular social media presence. "I'm not that interested in myself and I don't see why anyone else would bother," he tutts. "Mine would just be, 'I woke up this morning and couldn't find any clean socks'."

Social media's loss is acting's gain.

Graham will be terrifying you again soon. Just rest assured he might be scaring himself as he does so. 

Hyena is in cinemas from March 6th.

LEADING
MEN
SPECIAL

WORDS Lia Nicholls, Deputy Editor
PICTURES Dave Hogan

Between kink and killing, **Jamie Dornan** has had to do things on screen to women he'd never dream of doing in reality. He tells us he feels so guilty unleashing the beast during sex and torture scenes, he says sorry to his female co-stars in advance of filming.

Whipping Boy



LEADING
MEN
SPECIAL



I don't really think about sex appeal," says Jamie Dornan.

What, even though you ooze it from every pore?

"No," he replies. "It's just written into the characters."

The Northern Irish actor became known as the 'hottest serial killer ever' after appearing in the BBC drama-detective series *The Fall*, alongside Gillian Anderson, which has been commissioned for a third series.

Women may have felt squeamish fancying him in his killer role of Paul Spector – a married father who stalks, torments and murders women. But his role as playboy billionaire Christian Grey in the movie version of EL James' *Fifty Shades of Grey* made him more than acceptable 'himbo' material.

With more than 20 minutes of sex in its 100-minute running time (with quite a lot of it taking place in Grey's 'Red Room' where most of the whipping and stripping happens), *Fifty Shades* has been labelled as the raunchiest blockbuster in a decade.

Dornan's *Fifty Shades* co-star Dakota Johnson – daughter of Melanie Griffith and Don Johnson – won the part of submissive, virginal student Anastasia Steele after being pushed to her absolute limits during the audition by author James and director Sam Taylor-Johnson.

Dornan – who researched the Grey role by visiting a sex dungeon to learn about kinky fetishes – was also put through his paces.

But the 32-year-old former model says he doesn't care about getting naked onscreen. "I've sort of discovered it is a thing as actors, that they do spend a lot of time with their shirt off," says Dornan.

"I recently watched *Skyfall* and Daniel Craig gets his top off constantly, so it's just a thing that actors end up doing."

Despite the current tidal wave of attention, down-to-earth Dornan is a family man married to actress and musician Amelia Warner, with whom he has a 15-month-old daughter.

Before meeting Warner he dated Keira Knightley for two years.

Rushing to see *Fifty Shades* when it was finished wasn't on their list of priorities.

Instead, he and his wife fled to a remote location to hole up with the plan to binge on TV.

Dornan says, "My wife and I have things... we have a young daughter and we're both very busy with work and everything."

"You think you don't have any time and then we watch a whole series of something in two nights."

"I did that with *Breaking Bad*. We hadn't seen any of it and then everyone was talking about the finale so much, we caved in and watched the whole of it in two months."

Dornan may be on the way to Hollywood stardom (all the way from Northern

Ireland's far less glamorous town of Holywood), but he had to endure a lot of rejection before he got his big break.

He played Axel von Fersen in Sofia Coppola's film *Marie Antoinette* and Sheriff Graham Humbert in the ABC series *Once Upon A Time* before two huge jobs came along one after the other – *The Fall* and *Fifty Shades*.

Dornan welcomes the complexity of his characters, saying, "I'm a pretty complicated dude myself."

Yes, but you're not really a mad bastard though are you?

"No," he drawls. "I just mean that you want roles that challenge you and that scare you a little and that you can really discover something, even about yourself, that maybe you didn't understand. I've been lucky recently to have that."

Dornan says his duties don't just end at getting into the minds of his characters.

He also gives big consideration to his female co-stars.

During the filming of *Fifty Shades*, he apologised to 25-year-old Johnson before he gagged her and tied her up.

He said, "You have to keep the intensity there and stuff, but you're still human beings, and it's still a bizarre position to be putting people in."

"It can be uncomfortable. I just do everything in my power to make the moments before and after the take very light. I make jokes."

"It's not comfortable to stay in the headspace of someone like Spector for too long. So, yeah, there's a lot of apologies."

"If I'm doing something particularly heinous to an actress, I will apologise in advance and say that, you know, 'I'm probably not going to derive a huge amount of pleasure out of this, I want you to know that'."

"I hope it all works on screen and it makes sense and it's all there, but it doesn't come easy to me." **Id**

"If I'm doing something particularly heinous to an actress, I will apologise – it doesn't come easy to me"



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EXCLUSIVE COLUMNIST

STAGGERING DANGER

Loaded's original gonzo journalist Martin Deeson warns us to remember what happened to Ramsey Raulinautis in his five-point guide to getting out of stag do's alive.

Be warned: right now, as you sit content in your quilted smoking jacket, slumped deep in a leather armchair, swirling a glass of red wine from Aldi's midweek budget range and contemplating the end of winter, the arrival of spring and working out exactly when you will need to stop eating in order to be thin enough for summer clothes, somewhere a mate of yours (or, more accurately, the girlfriend of a mate of yours), is aiming to throw a spanner in your summer works – she is planning a wedding.

Weddings, of course, are one of the 'joys' of the season. That's if you forget the expense, the long drive and the terrible

DJ'ing they include, plus the saying of hello to tossers you haven't wanted to see for years and the purchasing of a gift from a wedding list that's extravagant enough to make the whole of Ethiopia weep.

Apart from all that, they're okay.

You get to go to a glorious free piss-up with acceptable food, and, if you're single, you're almost guaranteed to end up with at least a kiss on the cheek.

But it's not the wedding you need to worry about – even if you're the groom.

It's the stag do that should cause you to fret. So follow these five rules of staggering and you may just make it to September alive, and with your sense of self-respect passably intact.

If this sounds melodramatic, then just remember Ramsey Raulinautis.

In 2013, Raulinautis died four days after his stag night – because during the 'party' he was beaten unconscious by his friends before they set fire to his body.

It sounds like I'm trying to be ironic. But, no – the 35-year-old's 'friends' actually set fire to him, on his stag do.

I'm not saying this is typical behaviour of the male of the species who has been pickled in neat alcohol from breakfast at Stansted Airport to tea time three days later. But it does lead me neatly to the golden rule. I've called it 'Rule One'.

It's followed by four others rules – which I've called rules two, three, four And five.

"I've woken up in police cells in Dublin, had dope planted in my luggage in Amsterdam and had the now-normal experience of being lap-danced by a dwarf in Prague"

RULE ONE

Avoid Stag Do's Like The Plague

Take it from me – I am older than your oldest underwear, I am a veteran of dozens of stag do's and I have the liver to show for it. Nothing good has ever come from a stag do. I have woken up in police cells in Dublin, had dope planted in my luggage in Amsterdam and had the now-normal experience of being lap-danced by a dwarf in Prague on stag do's.

But you won't listen to me, will you? Because you can't really avoid them.

After all, what kind of mate cries off from a stag do? However, if you get the good fortune to contract a potentially fatal disease in the traditional stag do season of spring before summer weddings kick off, then take comfort from the fact you have the perfect excuse to not go on a trip to the ice hotel in Svalbard. Thank your lucky stars about that one. You should never go to an ice hotel anyway.

I've been to an ice hotel. They are shit. It's a hotel, made of ice – how good do you think it's going to be?

RULE TWO

If You Are The Stag – Do NOT Shag A Stripper

Do I really need to spell this one out for you? Apparently, yes. The reason for this is simple – the best man will be on the stag do, and so will all your mates. In a few weeks' time the best man is going to



HE'S GOT A CLOO
Clooney didn't go
anywhere near a
strip club before
his wedding to
Amal Alamuddin.

be pacing the grass behind a marquee, probably quite pissed, trying to work out how to get a laugh in his speech. Do not give him this explosive ammo, just in case.

Worse, all your mates will be at your wedding, and they really won't see the harm in telling just one person about your indiscretion – who, little known to them, could be the bloke from your girlfriend's village who has been in love with your missus since he was nine years old.

And what will he do next?

Yes, that's right, he'll tell her brother who's just back from a tour of duty in Helmand. Just saying...

RULE THREE

Don't Do What This Bloke Did

Last summer, a British stag attendee who 'prefers to remain anonymous' spent one-third of his annual salary in a couple of hours in a private room at a strip club in Bournemouth.

The hapless victim, from Northern Ireland, maxed out three credit cards after being 'plied with alcohol by staff', and woke to find he had spent £7,500 on desultory grumpy gyrating that, presumably, he has no memory of.

Do not go to lap dancing clubs on stag do's or at any other time.

They are – like ice hotels – shit, and second only to casinos and online gambling for being well-crafted machines designed by people a lot more sober and

ruthless than you are. They have one sole aim: to hoover the money out of your pocket and onto their bosses' spreadsheets as quickly as possible.

All of them are the devil's playground. Enter at your peril.

RULE FOUR

Do It Old Skool

Back in the good ol' days before easyJet, when blokes used to get a week off from the pits once a year to go to Blackpool, stag do's did not involve snorting a bag of Bolivian during three nights in Vegas.

The night before your wedding you used to go to the pub with your mates, got rat-arsed, cried a bit about your impending loss of freedom and woke up in bed with your mate who then stuck you in a Moss Bros suit with flares and laughed at you as you puked outside the church.

This ensured your wedding night proceeded exactly as the rest of your marriage would – with a row.

In 1985 when legendary hellraiser Ollie Reed married 21-year old Josephine Burge (when he was 47), his stag do lasted two days and he was widely reported to have consumed 136 pints of beer.

Against all the odds the marriage lasted until his death in 1999. (Although just a year after the wedding he was forced to dig up nine acres of their garden after

forgetting where he had buried Burge's jewellery during a drunken row.)

RULE FIVE

If You Must Do It – Do It Like Gorgeous George

When the modern day Cary Grant got married in January, his stag do consisted of him calling a restaurant in Venice 10 minutes before he arrived with six friends. They racked up a £3,000 bill and Clooney went to bed three hours later.

Then he got up to marry his bride Amal Alamuddin, presumably not sweating out Sambuca and meow meow as he walked down the aisle. He didn't shag a stripper.

And his friends didn't feel obliged to beat him. That's how to do it right.

There are many rights of passage involved in becoming a man: and stag do's, like death and being ripped off by taxis, are one of the ones we all have to go through.

For anyone other than the hardcore alcoholic, there are few grimmer moments than waking up on a Sunday morning in Dublin or Prague or Vilnius, sweating in cheap nylon sheets after 48 hours of enforced drinking to realise you have to go through it all again for another day unless you want to be called a pussy by all your mates.

You can only put on a brave face, take three Nurofen, and pretend you enjoy it.

It's what all your mates will be doing. **Id**

KILLER COMMUTE

You unknowingly brush shoulders with up to six murderers on your way to work each day. **Donal MacIntyre** reveals there are 20,000 released killers walking Britain's streets, and asks if the government really cares about anyone's safety.



B

rimful to the rafters, with almost every seat filled, there is barely enough room at Loftus Road football stadium to accommodate the number of released killers walking free in Britain today.

It's no exaggeration - I have conducted an exhaustive six-month research project exclusively for Loaded that has revealed there are up to 20,000 convicted killers mingling with us.

Among the freed murderers are crucifix killers, executioners, stranglers and bombers.

The figure also includes 1,500 killers who were convicted abroad, but are now being allowed to live in the UK.

It means average commuter in Britain will pass four convicted killers on their way to work every day. In London, you will pass up to six on any single day.

Unbelievable as it sounds, the figures mean you're never any further than 400 metres from a convicted killer in central London. But what does this say of prison sentences for convicted murderers, and of the government's consideration for our safety on the streets?

Prison reformers tell us killers can be rehabilitated.

But families of victims who have seen convicted murderers kill again after they were freed would have a different take on that mindset.

Three people a day are murdered in Britain - so is it time to start forcing convicted killers to wear bells on the streets to warn us they're there? Or should they have to go door-to-door to tell us when they move into our neighbourhoods?

Or should we simply trust the 'efficiency' of our government to make sure we're safe?

Despite the fact London commuters will walk past up to six convicted killers a day, it also has to be said Britain has never had so few murders committed.

While the population continues to rise, the murder rate continues to drop.

The latest homicide figures show 537

400 METRES
You're always this close to a convicted killer in London.

murders were committed in the UK from 2013 to 2014. That's compared to nearly 1,000 murders in 2001.

Over the decades, the punishment for murder has changed from possible hanging to life imprisonment.

Capital punishment was effectively banned in the UK for murder with a suspension of the laws in 1965 - although for the additional crime of treason it remained on the statute books until 1998.

It wasn't until 1973 that beheading was completely taken off the statute books in place of hanging for crimes against



KILLER COMMUTE
MURDERERS
Jon Venables and Robert Thompson, left, who murdered Jamie Bulger.

the Monarch. Today, adults convicted of murder usually have a minimum term of 15 years imposed. In the early 1960s - when the murder rate in Britain was running at around 500 per year - served less than nine years.

By 2010 one in nine murderers was free from prison after serving 10 years of a life sentence in England and Wales.

It is extremely difficult to accurately calculate exactly how many convicted killers are on our streets.

Since 1999 the average time served for murder has risen from 13 years to 16.

But in the '60s a life sentence for murder averaged eight-and-a-half years.

Since 1960 across the UK there have been close to 30,000 homicides including

FALLEN ANGEL

Over the last five years, five convicted killers have murdered after release from life sentences. The 'Angel Of Mercy' was one of the most evil re-offenders.

His excuse was that his "urge to kill" never left him - even after he was jailed for murder.

Andrew Dawson stabbed two men to death after his release for the killing of a 91-year-old man in 1981.

Dawson served 17 years for the first murder and was released in 1999.

He went on to execute the fresh killings in 2010 - stabbing two of his neighbours to death and leaving their bodies in their baths.

Dawson, now aged 53, dubbed himself the Angel Of Mercy in a bizarre confession in verse to the police for his first murder.

The rambling note he wrote for cops is reprinted in full below.

TO HEAD OF HOMICIDE

i want to confess to a murder
i stabbed a man to death
a man lies in a bath of
water everwhere
2 major wounds to his left side

1 maybe two too his chest
one to his back one
to his the base of his neck

this is no hoax
if u do not
Find him in a week i will
give you his addres(s)

the pink rose was
nice touch
yours (th)e angel (of) mercy

Dawson initially claimed defence by reason of insanity for his second and third murders.

But on the first day of his trial changed it to a guilty plea.

He was sentenced to a whole life term and is now unlikely to be ever released. Close family members said he had fantasies about the Yorkshire Ripper and being a serial killer.

His brother Malcolm says he hopes he "rots" in prison.



the 3,600 killed during the Northern Ireland troubles.

In addition, there are 1,500 illegal and legal immigrants with homicide convictions who are believed to have come to live in Britain over the decades.

I estimated from all the statistics available that up to 20,000 convicted killers are free in the UK.

The research included Home Office figures, Freedom of Information requests and other prison records.

Included in the figure of killers on the loose are those who were among the nearly 500 inmates allowed free in Northern Ireland under the Good Friday Agreement.

Among the other murderers who

KILLER COMMUTE



"IS IT TIME TO START FORCING CONVICTED KILLERS TO WEAR BELLS ON THE STREETS? OR TO TELL US WHEN THEY MOVE INTO OUR NEIGHBOURHOODS?"

are free is 50-year-old Lorcan Bale, the satanic murderer of seven-year-old John Horgan.

In 1973, when Bale was 16, he bundled John into a sack.

After Bale was satisfied the boy was dead, he took him out of the bag and tied him to the rafters of the roof-space in his family home in the style of a crucifix.

The little lad's body was surrounded with religious drawings and a chalice.

Bale was placed in adult prison but released after seven years, and it is understood he never received professional counselling in custody.

He now lives in London close to a school and has a respectable job.

Bale has enmeshed himself into his community and his local Anglican church, but few in his circle of colleagues and friends are aware of the circumstances of his murder, which have grim echoes of

the murder of two-year-old Jamie Bulger in 1993.

As in Bale's case, both the high-profile killers of Jamie Bulger remain free.

And, unlike most killers, Jamie's killers Jon Venables and Robert Thompson have new identities to protect them from lifelong threats.

Bale, Venables and Thompson are just three of the killers with whom commuters could unwittingly share breath.

The fact Bale and Jamie Bulger's killers aren't known to have reoffended will

537
Murders in
Britain from
2013 to 2014.

offer some comfort to champions of prison reform, who claim those guilty of homicide are capable of rehabilitation and say that even in the most extreme cases can go on to lead productive lives when they're released from jail.

From 2001 to 2011/12 only 40 people who were released for a homicide (including manslaughter and infanticide) were reconvicted for another killing.

But a statistic that should give us less confidence in public safety is that of unsolved murders in the UK.

There have been more than 1,000 murders that police couldn't crack in the last 14 years.

And, according to justice campaigners, there are up to 200 honour killings contracted out every year and executed abroad by killers who live in Britain.

The most detailed information that relates to released killers stems from 1973 to 2012.

Home Office figures for England and Wales reveal there were more than 24,006 recorded homicides in those 39 years.

The Home Office does not have accurate figures for the average length of time served for those convicted of homicide in all its varieties.

But there are enough figures to build up an intriguing picture of how many killers are among us.

It's frustrating there is no accurate record of the average time those convicted of homicide served across Britain. Over the years there has been such change and divergence between sentencing policy across the jurisdictions that it is hard to piece together the full picture of how many killers walk among us.

But my research is at least a starting point for a discussion on whether we need more accurate information.

Criminologist and researcher Liam Brolan from Birmingham City University's Applied Criminology Centre said the figures should give us hope about the rehabilitation process in Britain's prisons.

He told me, "Murder and homicide are often one-off crimes of passion and anger and happily the reoffending rates are very low.

"These remarkable new figures should put to bed the claims that our society can only be safe if life sentences truly are for life." **Id**

DEADLY LIAISONS

WORDS Phil Hamilton

HUMPING IN A HIJAB IS ILL-ADVISED IN A WORLD WHERE FANATICS ARE SLAUGHTERING PEOPLE JUST FOR DRAWING CARTOONS. **PORNHUB'S MOST POPULAR STAR GOT WARNED BY MUSLIM NUTS SHE WAS GOING TO HAVE HER HEAD CUT OFF AFTER SHE DARED HAVE SEX ON CAMERA IN THE SHROUD. SHE TELLS WHY SHE'LL SHAG ON IN THE FACE OF INTIMIDATION.**





Mia Khalifa
@miakhalifa



Follow

"@abdallahbakrr: @miakhalifa ur head will be cut soon inshallah" long as it's not my tits. They were expensive.

KEYBOARD WARRIOR
Khalifa's Twitter comebacks to online death threats.



Mia Khalifa
@miakhalifa



Follow

Doesn't the Middle East have more important things to worry about besides me? How about finding a president? Or containing ISIS?

When a girl decides she's going to become a porn star her career choice will upset her parents, her friends and definitely her boyfriend if she has one. Reactions of dismay and disgust are to be expected in a world that refuses to admit it watches porn but has made it the Internet's stock in trade.

Very few adult actresses anger an entire country though. That's what makes Mia Khalifa beautifully unique.

Starting in the porn industry just last October, 22-year-old Khalifa has become the most popular performer on PornHub (the 71st most visited website in the world.)

Much of her popularity has to do with the fact she's found herself at the centre of an international storm.

Her romps found their way to her home country of Lebanon and many of her countrymen did not like what they saw, to say the least.

They got their knickers in a twist as one – now infamous – scene involved Khalifa in a threesome with a bloke and her 'stepmom', in which both women wore the traditional Muslim garb the hijab. At one point in the energetic clip, Khalifa describes her Muslim headdress as "gross".

Despite being practically American (Khalifa moved to the States from Beirut when she was aged 10, was raised a Catholic and lived in Miami), Khalifa has been branded a "disgrace" to Lebanon by Middle Eastern commentators and castigated for insulting Islam.

Her (mainly male) critics presumably only know about Khalifa's antics because they've clicked on her brand of XXX entertainment.

Khalifa's hump in a hijab has attracted close to 16 million views on PornHub, and has no doubt provided quite a lot of pleasure in bedrooms across the globe.

It has also attracted hateful insults, promises of violent retribution and death threats on social media – including mocked-up depictions of her being beheaded in the desert.

One user sent her a manipulated photo to make it appear as if Khalifa was in an orange jumpsuit and being held by Jihadi John, the Isis militant believed to be involved in a series of beheadings – with the caption "coming soon".

One keyboard warrior informed Mia she would be "the first person in Hellfire".

Another of her Twitter haters who lacked diplomacy tweeted her to say, "Ur head will be cut soon, God willing."

Khalifa shrugged that one off by replying to the user – who had the handle Abdallah Bakrr – 'As long as it's not my tits. They were expensive.'

In response to the 'Hellfire' taunt, she wrote, 'I've been meaning to get a little tan recently.'

Despite her casual witty comebacks, Khalifa admits she has been stunned by the reaction her PornHub popularity has prompted. "The messages that tell me I am a disgrace to my country and that I

should kill myself have been hard," she says.

"Hearing that my home country hates me stings more than anything else."

She is adamant her decision to give oral sex in a hijab – shot by BangBros – wasn't intended to offend anyone.

"The scenes containing a hijab are satirical," she insists. "People need to understand that anything BangBros produces is basically satire. Whatever we do, South Park has done 10 times worse."

To Khalifa's credit, she did remove the garment during (most of) the penetration. And Khalifa has a point – the hijab scene that has attracted so much attention is nothing but a stereotypical porn plot.

Anyone who has ever watched an adult movie has seen them countless times – intricate plots such as cop pulls over woman for speeding, MILF teaches the naïve pool boy a thing or two about womanhood, sex-starved housewife gets randy with a plumber, and so on.

Khalifa's death threat-inducing masturbation fodder saw her cast as an American/Muslim with a biker boyfriend who gets caught by her stepmother putting her hijab back on after being taken for a ride on the back of his motorcycle.

Her stepmum disapproves of their relationship and warns Khalifa her "father will kill you". But somehow both stepmother and stepdaughter end up

16
MILLION
Amount of views on PornHub of Khalifa's hijab sex scene.

WHAT A HANDFUL

THE WORLD'S FIVE MOST NOTORIOUS PORN STARS.

JENNA JAMESON

Without doubt the world's most famous X-rated actresses, she began her hardcore career in 1994. After appearing in several films Jameson, now aged 40, became an instant favourite with guys across the world. In 2008 she stunned the industry by announcing she was retiring. A year later she had fulfilled her dream of becoming a mother by having twin boys with UFC star Tito Ortiz. But her family life fell apart and she split with Ortiz amid allegations of domestic abuse.

HOUSTON

She's known as 'The Gangbang Queen' and looks like a cross between Dolly Parton and Angelina Jolie. The 45-year-old made her name by accommodating 620 guys in her movie *The World's Biggest Gangbang 3: The Houston 620*. In 2008 she was diagnosed with skin cancer, and was convinced her drug abuse gave her the disease. Now cancer-free, she lives in Las Vegas with her daughter and in 2012 released her autobiography *Pretty Enough: The Story Of The Gang Bang Queen*.

SASHA GREY

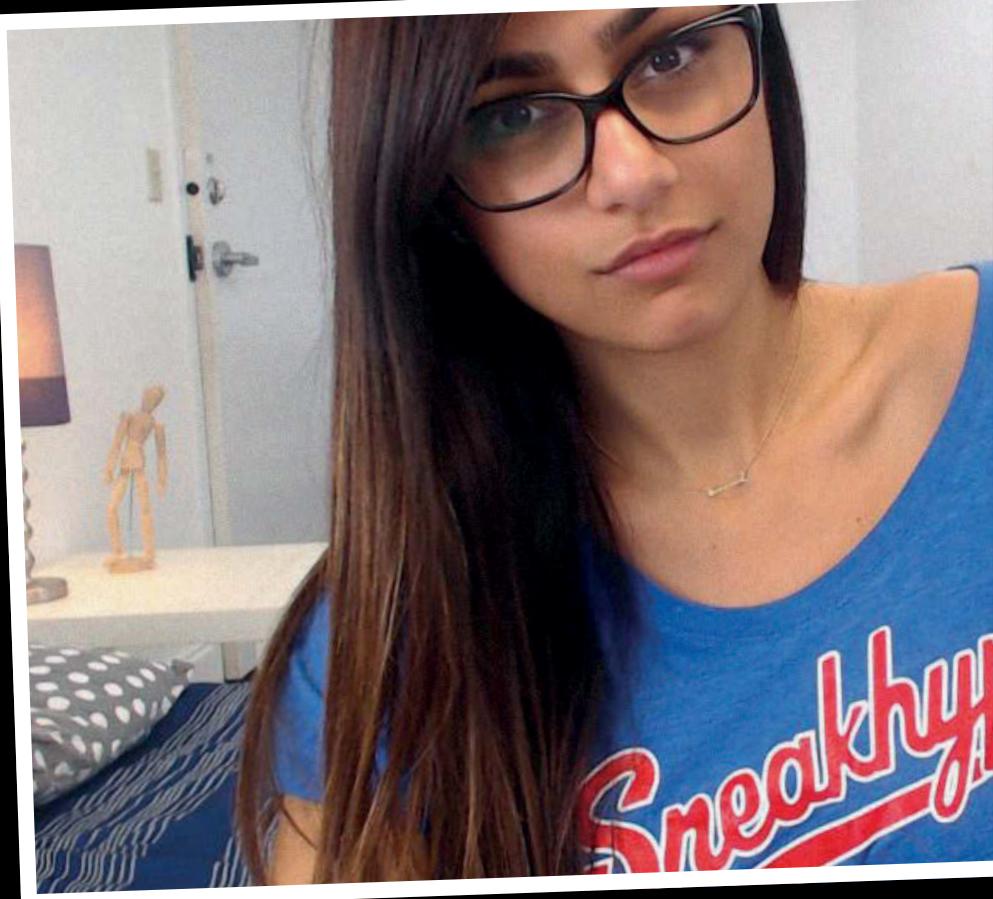
Dubbed the "dirtiest girl in the world", Sasha Grey bills herself as the thinking person's porn queen. She reckons she brought feminism to the world of hardcore. Unlike Jenna Jameson (who had an anal ban) Grey was up for anything and everything. She officially retired from porn in 2011 to carve out a mainstream acting career for herself. She's starred in Steven Soderbergh's *The Girlfriend Experience* and last year in *Open Windows* alongside Elijah Wood.

JOHN HOLMES

The original bad boy of porn and biggest XXX male star of the 1970s and '80s appeared in more than 2,000 films. His main asset was his massive weapon, which when erect was either 10 inches or a massive 13.5 inches long, depending on who is telling the story. But he fell spectacularly from his lofty position. Holmes got hooked on cocaine, was tried for murder and was handed a death sentence when he was diagnosed as HIV positive in 1986. He died in '88 aged 43.

KIM KARDASHIAN WEST

You're thinking - eh? But she comes in at No5 because, of all the names on this list she's the only one to have made the jump from the star of a hardcore porn tape to mainstream celebrity. And she only had to shag on camera once. Her fame kicked off in 2007, when footage of Kardashian and ex-boyfriend Ray J doing the business was leaked online. Rumour has it her husband Kanye West was a big fan of the footage before he bagged himself the real thing.



having sex with Khalifa's co-star, and each other.

Who'd have thunk that would happen in a porn flick? Guy beds a rebellious college girl and her stepmother – whether they're Muslim, Christian, Jew or atheist – happens all the time in porn.

Most of Khalifa's other work is pretty stereotypical as well, and is less about her ethnic background and more about her being a sexy college student with two obvious assets. It's not a hard role for her to play. Khalifa was a college student, and one with honours at that.

She graduated from the University Of Texas in El Paso with a B.A. in history.

Her Catholic parents were proud then, but having a porn queen for a daughter was not something they had anticipated and they have let their disappointment be known to the Lebanese media.

A statement issued by her dejected mother and father read, 'We are probably paying the price of living away from our homeland.'

Our kids had to adapt to societies that don't resemble our culture, traditions and values. Hence, we emphasise that we disassociate ourselves from her actions that do not reflect her family beliefs, her upbringing or her true Lebanese roots.

We hope that she comes back to her senses as her image does not honour her family or her homeland – Lebanon.'

Their words and their reaction has hurt Khalifa, especially as it was their choice to give her an American upbringing.

"No one in my family is speaking to me," she says. "They're very strict, overbearing and very conservative."

They assimilated to American culture by latching on to the Republican party."

Their shame has spread to the rest of her family. Khalifa says, "It's blown up on such a huge scale. Everybody from my second cousins to family friends to my parents' friends know, and I don't think it's something that's going to be forgiven. I feel guilty for dragging my parents into this and having all their friends know now that it's on Lebanese media. But that was never my intention."

Khalifa has also upset Lebanon with her tattoos. One on her left arm is an inking of the opening lines of the Lebanese national anthem – "All of us! For our Country, for our Flag and Glory!"

Another on her right wrist is an etching of the Lebanese Forces Cross – the symbol of a Lebanese conservative Christian political party opposed to the Syrian Bashar Assad regime – of which her dad is a supporter.

6 OF THE TOP 8

Countries with the highest rates of Internet porn searches are Muslim states.

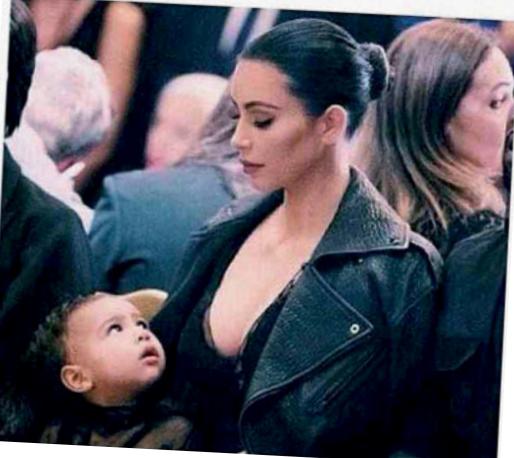
“A QUARTER OF ONLINE SEARCHES FOR MIA KHALIFA ORIGINATED IN LEBANON”



KIM KAR-BASHIAN
Kardashian, right with daughter North West, has also been bashed with online mockery over her sex tape romp with ex-boyfriend Ray J. And, below, Khalifa shows her pain at the hatred.

“Mommy who's Ray J?”

Reply Retweet Favorite More



Mia Khalifa
@miakhalifa



@IHarkous I was born in Lebanon, but I've been in America since I was 11. Still hurts to know most of my home country is disgusted by me.

“PEOPLE NEED TO UNDERSTAND THAT ANYTHING BANGBROS PRODUCES IS BASICALLY SATIRE. WHATEVER WE DO, SOUTH PARK HAS DONE 10 TIMES WORSE”

MIA KHALIFA

It was an inking she got following a Beirut bombing in October 2012, and she says it was to “show solidarity” with her father’s political views.

Khalifa clearly doesn’t mean to offend, but politics and hardcore porn rarely mix well. Many think her decision to have sex with American men with part of the Lebanese anthem tattooed on her body is shameful to the country of her birth.

Despite a reputation as one of the most liberal nations in the Middle East, the vitriol aimed against Khalifa has been unrelenting.

But she has tried to respond to the attacks sensibly. ‘Doesn’t the Middle East have more important things to worry about besides me?’ she asked in one tweet, adding, ‘How about finding a president?’

Khalifa also believes she is being used as a scapegoat for the Internet censorship that is being brought in across Lebanon.

In September, the country’s Telecommunications Ministry ordered Internet service providers to block access to six pornographic websites for reasons of “societal decency”. Khalifa says, “They’re using me as a tool.”

Amidst all the hatred, there have been voices of support that have also highlighted the absurdity of Lebanon’s anger over her hijab-clad porn role.

British/Lebanese author Nasri Atallah wrote on Facebook, ‘She is a 21-year-old in Florida who has made a decision for herself, with absolutely no wider implications. The moral indignation is wrong for two reasons. First and foremost, as a woman, she is free to do as she pleases with her body. As a sentient human being with agency, who lives halfway across the world, she is in charge of her own life and owes absolutely nothing to the country where she happened to be born. There is this odd perception that being Lebanese is a

vocation and a duty first and that your personal life comes second.’

Beirut-based blogger Gino Raidy also defended Mia’s choice of work, saying, “I don’t really care what any of you think about her career choice. After all, it’s her body to do whatever she wants with.”

But the media storm that has engulfed Khalifa is age-old proof there is no such thing as bad publicity.

Statistics released by PornHub for the first weeks of January revealed searches containing the words Mia Khalifa had risen five-fold since the jihad scene hit headlines.

There’s no prizes for guessing where a quarter of the searches originated. Yes – it’s Lebanon. Other traffic spikes online around her name and videos came from Syria and Jordan. So, maybe Khalifa is only getting the bile because lots of Lebanese lads are feeling a lot of love for her and are feeling guilty for it given their upbringing.

Forget Kim Kardashian – Khalifa is the woman who is really breaking the Internet these days. And she’s becoming a brand. A Lebanese brewery recently ran an ad showing a bottle of Almaza beer next to Khalifa’s thick-rimmed glasses, with the slogan, ‘Both of us are for adults only’. While Khalifa waits to become the Middle Eastern version of Jenna Jameson, she says she’s going to keep shagging on camera – despite the danger.

She says, “I’ll ride it out until I can’t do it anymore.” 



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EXCLUSIVE REVIEW

HIGH FLYER

Why Noel Gallagher's
New Album Chasing
Yesterday Is
Tomorrow's
Hit.



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THE UNDERCOVER WAG

Our Premier League insider on the most humiliating football practical joke ever and the tightest player in history.

Hotel Humiliation

In one of the cruellest hoaxes this Wag has ever heard, almost a whole team put one of their fellow players through the ringer – and captured it on video.

It had been brought to one side's attention one of their teammates fancied a female reporter from a local radio station who regularly attended club media days. Him boasting that he thought he "had a good chance" with her was enough to spur his colleagues into action.

They texted him from a number he didn't recognise pretending to be her, not expecting him to fall for it. But he bounded into the changing rooms brandishing his phone and bellowing, "Told you. Piece of piss, she texted me."

Amazed by his lack of suspicion, his teammates texted him from the same number to arrange a drink in a nice bar.

Surely he'd ring to check her number and not just text back, they thought? No.

"I'm off out for a drink with her this week... the thing is, she's suggested she gets a hotel nearby as she can't get home if we stay out late," he boasted in another changing room bragging session. "That's as good as a tap in!" he added.

As he was clearly blinded by his horniness, his teammates picked a big, open, busy pub for the meet – making it easier for them to hide outside while they recorded him turning up for the "meeting" on a camcorder.

He turned up on time, and they filmed him – while absolutely pissing themselves – as he sat alone with his drink. They texted him from outside, 'Running late. OK to meet at the hotel?'

Getting a headstart, they made for the hotel they'd booked. They sent a second text, 'Come straight up – room 216'.

When he went into the room, he saw frilly undies on the bed his teammates had laid out. He was clueless that his 'pals' were hiding in the bathroom, where they'd turned on the shower and were ready to film the glorious moment he'd realise it was a set-up.

They'd left a note saying, 'Interrupt me in the bathroom!' When he walked

"When he went into the room, he saw frilly undies laid out on the bed – clueless his teammates were hiding in the bathroom, ready to film the moment he'd realise it had all been a set up"

DO NOT DISTURB

into the loo and saw eight of his teammates filming him they howled, "Whaaaaay – you MUG."

The look on his face – videotaped for posterity – wasn't even the most priceless moment. The fact he was holding a box of Celebrations he'd bought was the icing on the cake.

What A Lotto Nonsense

One of the tightest players this Wag has ever come across is currently plying his trade in the Championship.

Wags don't expect things for free of course, but this guy was on a different level when it came to being thrifty.

He would ask for everyone's Nando's loyalty stamps to save cash, he always left the pub before it was his round – and he even tried to recycle postage stamps by taking them off his fanmail sent to the club.

It was the stamps habit that made his teammates decide to tell him he was a tight-arse.

They were working on a derogatory nickname when they found out his granny had won the lottery a whole year before they had started to notice his tight-fisted ways. **Id**

EMAIL theundercoverwag@loaded.co.uk

EXCLUSIVE COLUMNIST

Peter Crouch

The big man's low down on player motivation, transfer window speculation and why having a winter break could be the secret of victory.

We are reaching a point in the season where some clubs are secure in the mid-table and have little to play for. It's easy for some cynics to suggest players lose motivation when they are in 10th or 11th place – too far off the European places, but safe from relegation.

At Stoke, we put a stop to any malaise creeping in because our manager Mark Hughes breaks the season into plenty of small blocks (four or five games) and sets us targets to achieve within those.

So there is always a pressure to perform and always expectation on your shoulders.

We know if we even slip by one per cent there will be people on our backs.

The league is so tightly packed anyway

"If we even slip by one per cent there will be people on our backs. Things can change dramatically and I can promise we won't settle for mid-table mediocrity"

that things can change dramatically very, very quickly – so you have to keep on your toes.

I can promise we won't settle for mid-table mediocrity.

A while back Stoke went to Dubai for a bit of warm-weather training, which was a really nice break from the grey English winter.

You'd have probably noticed we were away if you were following me on Twitter.

I posted a picture of myself with a jockey who was two foot shorter than me and it spread like wildfire.

The trip to Dubai was before the FA Cup fourth round and we did a couple of extra sessions in the afternoon. But the heat training actually isn't that much different from training in Britain.

We're in peak condition at this time of the season and it's more about keeping ourselves ticking over than running ourselves into the ground.

A lot of the focus is on the tactical and technical side of things, while making sure we're not at risk of injury due to fatigue.

Every detail of our performance is measured by our coaching staff.

The one thing about training abroad is it's nice to be working in the sun and to be training on decent surfaces.

Pitches at our training ground are either frozen or badly cut up during the winter and that creates obvious problems, so from that point of view these camps are great.

It's also nice to have a bit of a bonding session with the squad. We don't get up to anything particularly mad – it's all taken very seriously, despite some people thinking we're off on a jolly. We'll eat



together and play cards together – being in each other's company strengthens the team spirit.

We were away at the training ground during the transfer window – when there's a chance some players will be moving on – and the break from the hype is also welcome for some of the lads.

Still, I admit we do talk about whatever is in the papers before and after training.

Having been at so many clubs, it's always interesting for me to keep an eye on where former team-mates are moving on to.

I think it can be difficult for players moving in the middle of the season.

Sometimes they are entering a group of players who are already very familiar with one another, and although they will already be at peak fitness, there is an instant pressure on them to perform.

If you transfer in the summer (assuming it's not at the end of the window), you have plenty of time during pre-season to get to know your new teammates and settle in.

There isn't an opportunity to do that in January.

Having gone away for training, I think the team should consider having a winter break – but not at Christmas.

We should always maintain the tradition of those festive fixtures.

As I've said before on this page, it's my favourite time of the season.

But it should then be followed by a break in mid-January. Look at Germany – they only returned to league action in the final week of January after a month off. A lot of their national teams spent time out in Dubai and Qatar as well for training.

And I don't need to mention their national team are world champions, so a winter break could be the key to success. **Id**



'I'm Just An Opinionated Little Bugger'

WORDS Alan Smith

A Ron Burgundy ego doesn't come into play with one of TV's most recognisable anchormen. **Jeff Stelling** says the recipe for his place at the top of the TV table is never forgetting how jammy he's been.

Wordsmith

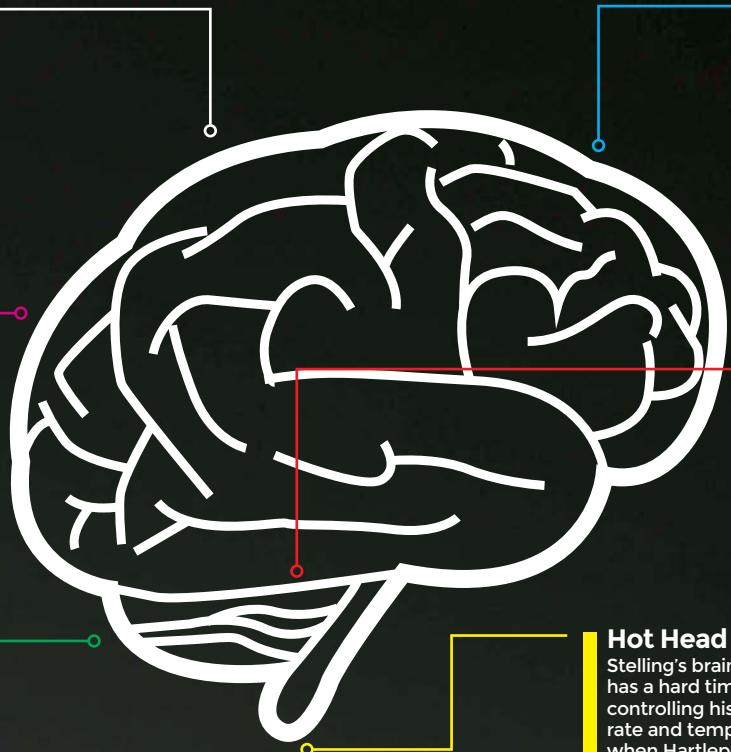
Stelling is a master of language thanks to three years at the helm of Countdown. A week after he got the Channel 4 gig he announced on Soccer Saturday, "Welcome to Countdown."

Peep Show

Stelling scored an own goal when he had a pop at former Scotland player Charlie Nicholas. He told him he "should have gone to Specsavers" when he criticised an offside call. But Nicholas then outed Stelling as a closet glasses-wearer.

Sex Machine

James Brown is a massive part of Stelling's mental function. He used to bring out a singing puppet of the Godfather Of Soul every time the former Hartlepool player of the same name scored a goal.

**Quote Machine**

Creativity pours from Stelling's frontal lobe when he's on camera and his cheesy puns somehow work. Favourites among his fans include him asking, "How did Agadoo that?" when Daniel Agger scored a screamer for Liverpool.

Marathon Man

Stelling is hugely coordinated. He has completed the London Marathon on eight occasions and his best time is three hours, 28 minutes.

Hot Head

Stelling's brain stem has a hard time controlling his heart rate and temperature when Hartlepool score. He once broke his microphone live on the air while celebrating a goal by his beloved side.

It's midday on Saturday and Jeff Stelling is at the start of another mammoth afternoon. Millions will tune into Sky Sports over the next six hours – first to check the latest team news, then to keep an eye on the latest scores and get reaction after the day's games. At the helm of the action, and surrounded by pundits ranging from former star players to figures more renowned for their comedic values than footballing insights, is Jeff Stelling – the man who calls himself a fan who still can't believe his luck.

The Soccer Saturday host and anchor of Sky's Champions League coverage says about the job millions dream of doing, "I was voted pundit of the year somewhere, which was really nice but I had to say that I am not a pundit. I am just a fan who is lucky enough to present a football show. And because I'm also just an opinionated little bugger, I get to stick my oar in every now and then depending on the topic."

Father-of-three Stelling – who turns 60 this month – has certainly stuck his oar in. He became a TV hero in 2006 after he had the brass to ask then-Bolton boss Sam Allardyce if he'd ever taken a bung. The question came after a Panorama investigation into bribery in football. But it caused Allardyce to snap – and he told Stelling he was "out of order" for daring to ask.

The incident's long behind Stelling, and he's as dapper and cool-headed as you'd expect before he goes on air.

"I don't know the game like proper pundits do – I see through the fans' eyes, and whatever my team does is good," he says.

Ah, the pundits. While many are ridiculed for making silly statements and airing misinformed opinions, Sky have hired a solid pairing in Jamie Carragher and Gary Neville for their Monday night soccer coverage – and they've breathed new life into footie broadcasting.

Stelling says about the duo, "They see things I don't. You can't help when you're in a Champions League studio with the likes of Jamie and Gary to have your eyes opened at times.

"It happens quite often where we will be watching the game.

"They will make an observation and I will say, 'I hadn't noticed that at all'. Watching them dissecting events on a Monday – there are so many things which don't cross my mind."

But back to Soccer Saturday.

It is, when you consider it, a bizarre concept. It should be rubbish – but somehow it isn't, and that's down to Stelling.

When Sky launched the programme in 1992 (initially presented by Paul Dempsey before Stelling took over in 1994), nobody would have imagined

watching men watch football would be such a success. And the formula has largely remained the same. The gig has seen Stelling work with football greats including Rodney Marsh and George Best.

His catchphrases have become such an institution he's inspired a thousand variations on the Soccer Saturday drinking game, in which students neck pints and shots every time Stelling uses one of his stock phrases.

There is one downfall of the Saturday job for the former Countdown presenter – not being able to see his beloved Hartlepool United in action.

"I miss it," says Stelling, who was brought up in a council house in Hartlepool. "But I go to as many midweek games as I can if there isn't Champions League on."

Are we not at risk of football oversaturation, however? At times, it seems a struggle to find a night when there isn't a live game on TV.

Stelling, of course, would never agree.

"My sons don't seem to think so," he says. "They're still watching every game that is on."

Then he's off – to warm up his motor-mouth and the statistics-filled brain that has led to Stelling becoming known as 'The Human Spreadsheet'. He's the glue that holds Soccer Saturday together – without his masterful handling skills, the endless stats wouldn't add up to much. **id**

**“THE FEELING
IS LIKE THE
FIRST TIME
WE PLAYED AT
GLASTONBURY”**

Keith Flint on joining the British Superbike scene.

WORDS Alan Smith
& Jonny Smith

ROCK 'N' ROLL RIDERS

Beautifully lethal motorcycle racing is alive and kicking in the UK thanks to the British Superbike Championship - and The Prodigy's **Keith Flint** being a fan of the rubber-burning sport.



THRILL RIDE

They are today's gladiators, battling at 200 mph at every race meeting. Their lives and struggles have now been captured on film like never before.

It follows six contenders through race meetings and focuses on the girlfriends, wives, teammates and friends who live the drama of the superbike season.

The film I, SUPERBIKER - SPLIT SECOND, out in cinemas this month and directed by Mark Sloper - reveals the fractions of a split second that stand between victory and chaos in superbiking through their lives. Sloper's movie (the fifth in his series of acclaimed superbikes documentaries) features British rider Shane Shaky Byrne - a fearless racer who has already won three championships.

It shows his fight to win a fourth crown against Japanese racer Kiyo who straddles a German BMW machine. James Ellison is also featured - a northern heartthrob who has been plagued by injury and bad luck.

Sloper's film shows him newly married to his American sweetheart with a new baby to support - and reveals the incredible personal sacrifices he has to make to race, which include living in his mobile trailer in the remote Lake District to fulfil his dream of winning. The documentary also looks at Tommy Bridewell, racing for the Yamaha squad in memory of his brother Ollie who died while racing.

Finally there's Josh 'Bad Boy' Brookes, the red leather-clad Australian out to steal the crown from the British hopefuls. The film score is by Charles Rowell of US indie band The Crocodiles and narrated by three-time BSB champion Niall MacKenzie.



Imagine a life where motorbikes had not yet been invented. What if you were the man who went on Dragons' Den with a two-wheeled vehicle that could be bought new for less than a second-hand car.

Imagine that vehicle could do 200mph and had no safety features - but gave you a rush like nothing else.

You'd get zero investment.

Luckily the birth of superbikes wasn't up to the dragons.

If it had, the buzz, the shot of adrenaline and the guaranteed thrills and spills of superbike racing would probably never exist.

Motorcycles have been on our planet for more than 100 years and deadly races such as the British Superbike Championship have not yet been outlawed.

Those who dare get to ride 220bhp aluminum stallions wearing nothing but cow skins and a hat - and they deserve our utmost respect.

This year's round of BSB meets starts next month.

British Superbike title challenger James Ellison can't wait - even though he was rag-dolled off his lime-hued Kawasaki ZX-10R at 150mph during at Brands Hatch last June.

The 33-year-old was leading the pack and pushed wide onto the track's grassy edge when the world churned into a vicious somersault and he catapulted into barriers.

Ellison was rushed to King's Hospital in London by ambulance. He had snapped his right femur (that he also destroyed in 2010), and a serious rehab programme ensued. But such is the grit and bone-grazing mentality of BSB riders that chisel-jawed Ellison was back on the saddle seven weeks later.

When you're addicted to speed, nothing can keep you off the bike.

Like most of his peers on the grid, Ellison is prepared to sacrifice his athletic frame for glory. His mantra is, "Racing is life, anything before or after is just waiting."

In car racing, drivers brush wing mirrors and doors. In BSB racing, the gladiatorial

spirit is more intimate. Riders shoulder-barge and bang knees while doing well over double the legal road speed limit, with skulls four inches from the asphalt on hairpin turns.

The draw of British Superbike racing goes beyond the utterly cut-throat competition meets though.

Unlike Moto GP and F1 there is a stronger resonance in BSB racing with the common man, not to mention machine.

At BSB events the accessibility to riders, bikes and pit garages is unprecedented.

You can pat the rider you are rooting for on the back and take a picture two feet from the bikes. Just don't touch the machines unless you want to upset the riders - a lot.

But while the bikes are special, they are not multi-million pound bespoke rocket ships as in F1.

The BSB motors are all based on the same Hondas, Kawasakis, Yamahas, Ducatis and BMWs you buy from your local dealership.

The BSB weapons are then pulled apart and rebuilt with 17-inch wheels, Brembo brakes and Ohlins suspension.

Unnecessary elements such as number plates and lights are binned and they only weigh in at 170kg.

British Superbikes all have to run on one type of Pirelli tyre, so the rubber is on an even playing field.

The plethora of nationalities trying to claim competition silverware and backing by the big bike manufacturers attracts a multitude of characters - one of whom is The Prodigy frontman Keith Flint.

Firestarter singer Flint runs a pro team called Team Traction Control.

And he reckons there's no other sport like it that hits the spot.

"The feeling is like the first time that the band played at Glastonbury," the 45-year-old said of joining BSB.

Flint may have sold 20 million albums and played stadiums across the world.

But for him, managing his team is the most high-octane gig of all. **id**

For more go to superbiker.com and britishsuperbike.com.

REAL MEN'S HEALTH

WITH AWARD-WINNING TRAINER
& FOUNDER OF NO1 FITNESS
STUDIOS BEN CAMARA

MASS-TER OF YOUR OWN DESTINY

SUMMER IS LOOMING, SO TIME IS RUNNING OUT TO GET YOUR BOOZE AND FAST FOOD RAVAGED FRAME BEACH-READY.

THIS MONTH WE CONTINUE OUR BODY-SCULPTING PROGRAMME WITH A GUIDE TO ADDING MUSCLE MASS.

It's March, which means your new year resolutions about self-improvement have failed miserably - or you're well on your way to getting a physique fit to be seen in sunlight. This month, we're looking at how to add bulk to your frame. Once that's achieved, you can start sculpting the body and defining particular areas by shredding more fat. The biggest key to mass building is to tackle building the back. Why? Because hitting your back muscles twice a week is going to be crucial if you want to start getting an upper body frame to hang all the other changes on. I've always said a well defined back is far more impressive than a chest. Your 'posterior chain' (the muscles that run down the back of your body) will hugely help you increase strength, work on your shoulder stability and pull your posture to where it should be - ramrod straight. My four-part back workout on these pages is designed to hit all the key back muscles to get you on the right track to start building some serious mass.

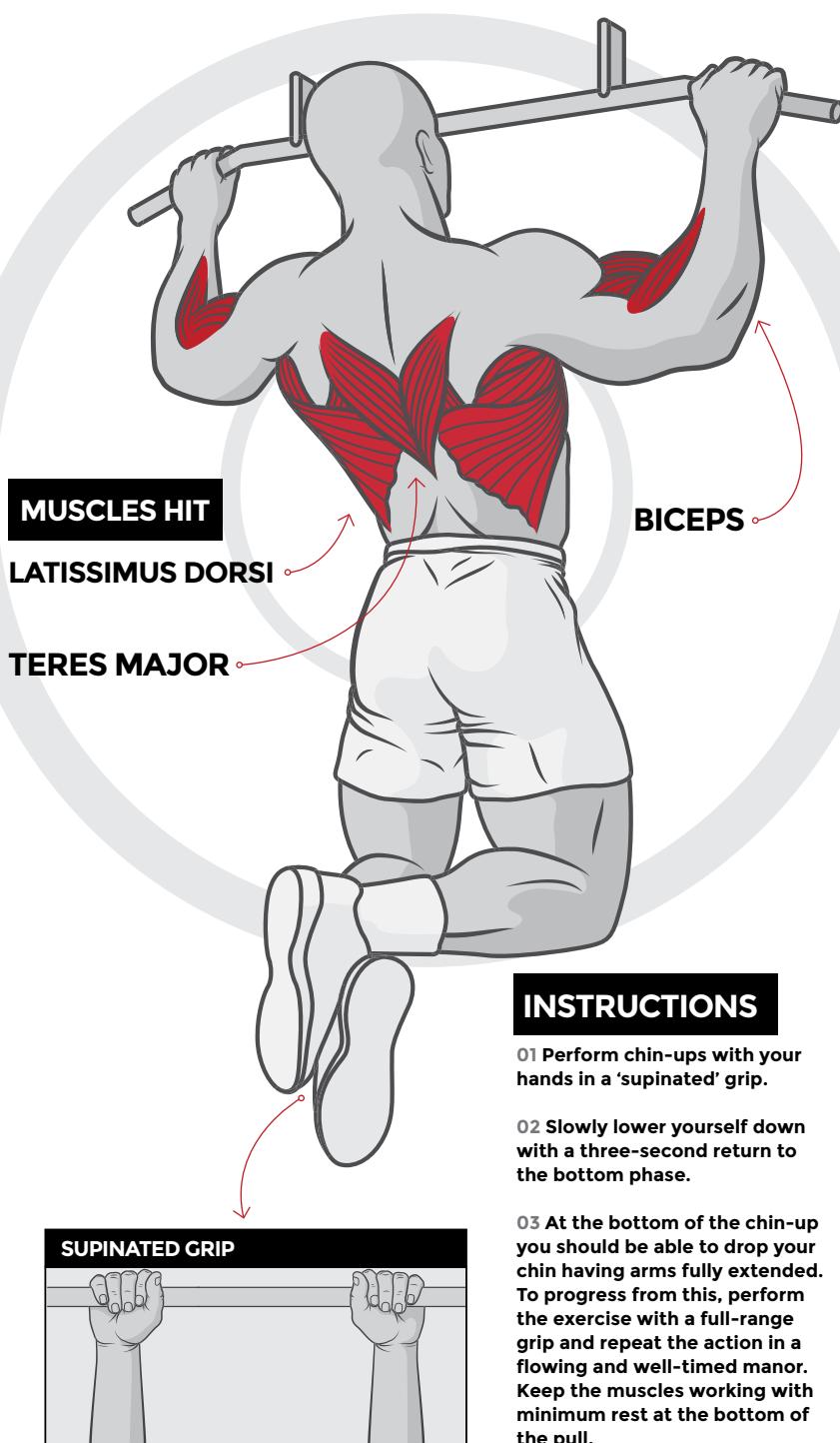


01

EXERCISE

CHIN-UP

This is a must in everybody's workout, as the chin-up is a great way of measuring your own body weight strength. The whole of your back will be working in unison when performing each lift. Your biceps will be working as well - as they move with all rowing motions. As you improve, try and use different hand positions to test your strength. your strength by using different hand positions.



'STEROIDS ARE AS BAD AS HEROIN'

Celebrity fitness trainer David Marshall - aka 'The Body Doctor' - gets in a roid rage.

He's transformed Frank Lampard from 'Fat Frank' to fitness fanatic, toned Kate Moss and Sophie Dahl, and has been keeping Kit Harington and Alfie Allen fighting fit for Game Of Thrones. Just don't mention steroids to The Body Doctor.

LOADED You trained Game Of Thrones actors Kit Harington and Alfie Allen at their request. Why do you think they chose you?
BODY DOCTOR They wanted to become energy efficient. That doesn't mean working harder, it means working smarter. Professional athletes, including professional footballers are exercising incorrectly 95 per cent of the time - I do it right.

LD They clearly did it right looking at Game Of Thrones, but what do you make of the use of CGI six-packs in films and TV shows?
BD It's a load of cobblers. I do it the old fashioned way. What you see is what you get.

LD What would you say to an actor if they wanted to train with you but were on steroids?

BD I'd tell them I don't believe in all that. It's a terrible, terrible drug. It really, really fucks you up. It just ruins you. Steroids are just as bad as heroin. It's so toxic.

LD You've trained everyone in showbusiness from sports stars to models and singers. Who is your greatest success?

BD Frank Lampard. When I trained him at West Ham he used to get stick, with people calling him 'Fat Frank'. It was merciless at Chelsea, too. But he went on to set the consecutive Premier League appearance record. Everything he's achieved he did it by hard work. He's 36 and still going strong. He could still play for England if he wanted to. You see people saying, 'I trained Elle Macpherson', but I go, 'Yeah, but she wasn't called The Body because she started off looking like a water buffalo, did she?'

LD Usain Bolt ate 1,000 chicken nuggets in 10 days during the Beijing Olympics and he's the fastest man on the planet - what do you make of that?

BD I wouldn't believe it. And if he's breaking world records on chicken nuggets, just think what he'd be like if he ate properly.

Game Of Thrones Season 4 is available now on Blu-ray and DVD.

02 SINGLE ARM ROTATIONAL ROW

This is not your conventional back exercise, but I've added it to ensure you load your posterior chain with some rotation work. It works through different planes of motion and is hugely beneficial in stimulating your stabilizing muscles. Smaller muscles, such as your rotator cuff muscles, are also worked.

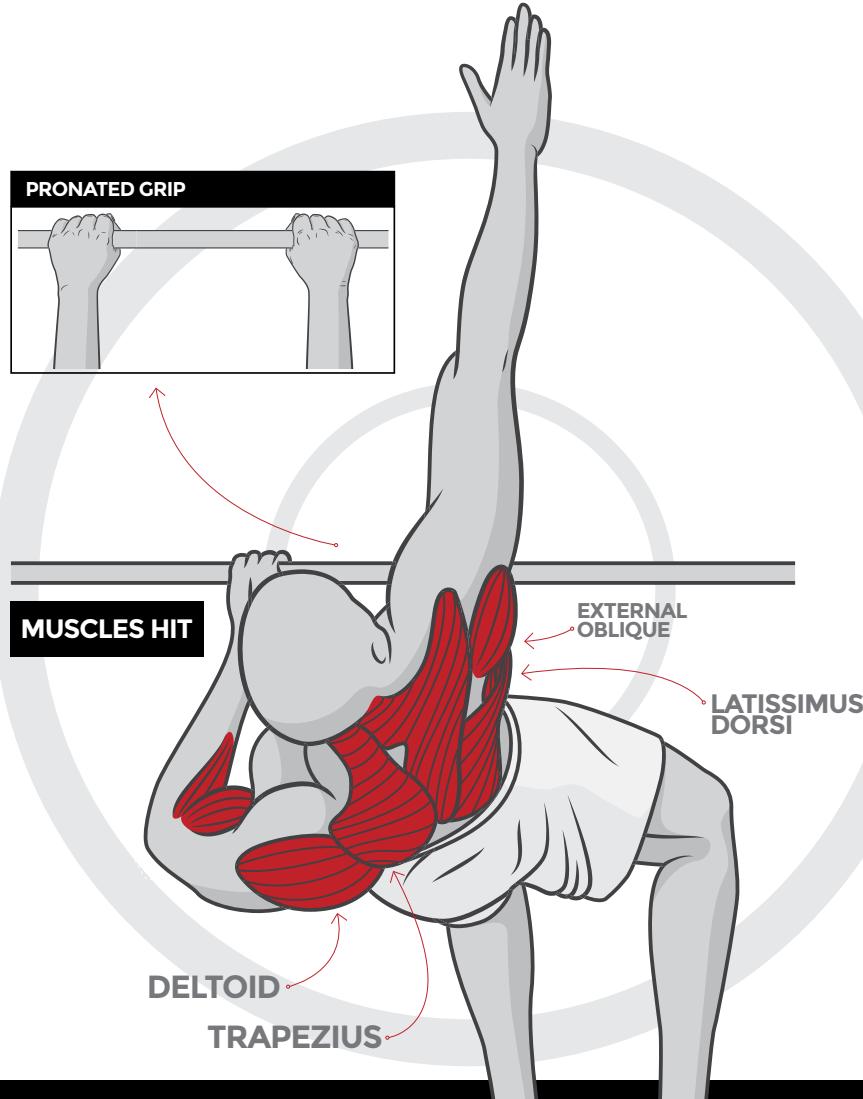
INSTRUCTIONS

01 Place a bar at chest height. Hold the bar in a 'pronated' grip (hands over the top) and start to walk yourself underneath.

02 Once your chest is directly under the bar take one hand off it and rotate that same side, reaching towards the floor.

03 On rotating back around start to pull yourself up, reaching up past the bar with the hand that has been rotating.

04 Focus on keeping your hips up and body in alignment and your legs straight. Ensure the elbow on your arm that is working is coming down next to your body as it shouldn't impinge on the shoulder joint.



03 SINGLE ARM ROW

It's always good to start your back session working on both sides.

It means you can really focus on form when pulling the dumbbell from the ground. As I always say, leave the ego in the changing room and make sure you are focused on lifting properly.

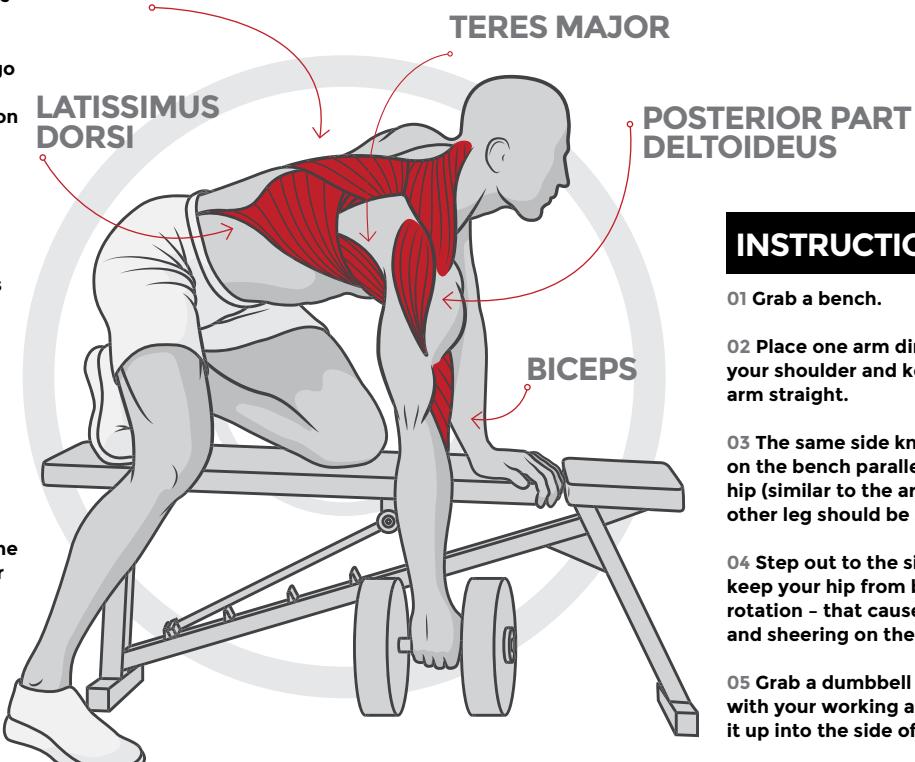
Getting a well-defined back means the muscles need to be working properly at all times, so jolting weights up and down using any part of your body but the back runs the risk of injury.

Pay attention to the form first and later, the weight. The single arm row is great for really hitting the back, specifically the trapezius, and lats as well as the rear deltoids.

Focusing on the eccentric phase (downward) will ensure you're truly hitting the muscles and increasing your strength as you progress.

MUSCLES HIT

RHOMBOIDEUS MAJOR



INSTRUCTIONS

01 Grab a bench.

02 Place one arm directly under your shoulder and keep the arm straight.

03 The same side knee should be on the bench parallel with your hip (similar to the arm.) Your other leg should be straight.

04 Step out to the side to help keep your hip from being in rotation – that causes tension and shearing on the lower back.

05 Grab a dumbbell off the floor with your working arm and pull it up into the side of your body.

HEALTH KICKS

04

INCLINE DUMBBELL ROW

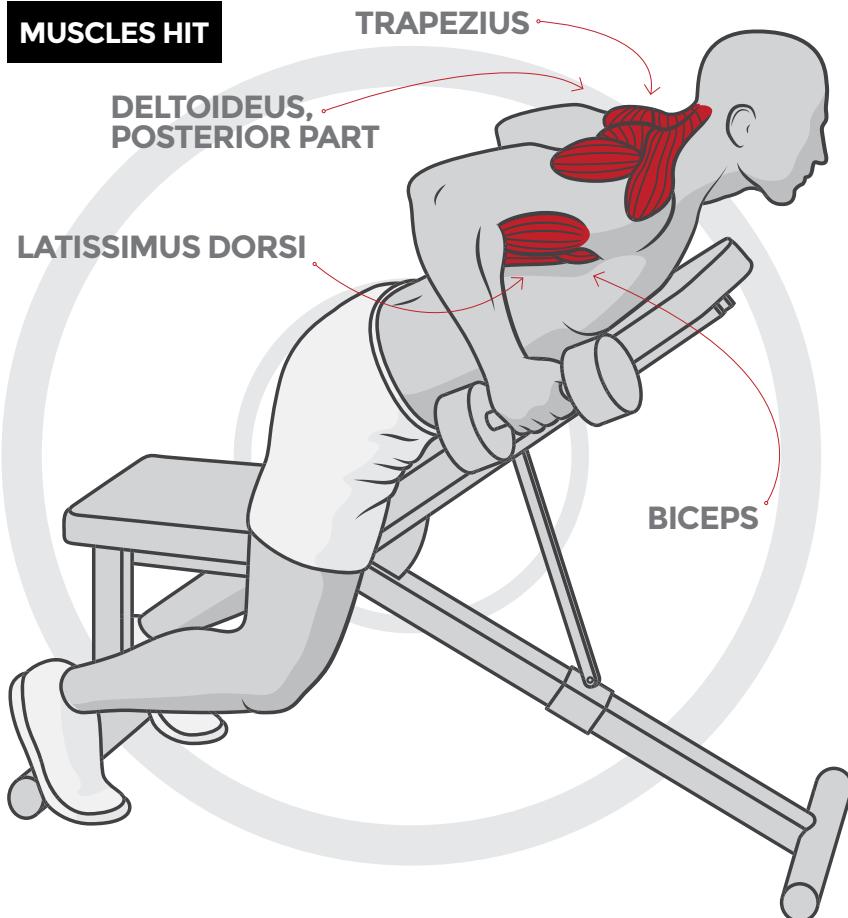
This is definitely my favourite back exercise when working with clients who have generally struggled to increase mass on their back. Upper traps and rhomboids really work hard on racking that weight from the floor. You'll also find your lower trapezius working hard.

"HITTING YOUR BACK MUSCLES TWICE A WEEK IS GOING TO BE CRUCIAL IF YOU WANT TO START GETTING AN UPPER BODY FRAME TO HANG ALL THE OTHER CHANGES ON"

INSTRUCTIONS

- 01 Set up an incline bench at 45-degree angle.
- 02 Lean forward and hold a dumbbell in each hand.
- 03 Extend your arms and flex your elbows to pull the dumbbells up to your sides.
- 04 Hold your arms with a brief pause, and feel the stretch.
- 05 Now, get back to the starting position slowly, and repeat until you've hit your targeted reps.
- 06 Keep a good two seconds up, two seconds down tempo. And, as always, build up the size of the weights.

MUSCLES HIT



Email bencamara@loaded.co.uk or Tweet @bencamara. To follow his programme visit awayoflife-project.com.



VITAMIN INFUSIONS

Gone are the days of just having supplements.

My higher-end clients are now frequenting clinics to have vitamin infusions.

They're loved by the rich – Rihanna and Simon Cowell are said to be fans. But you don't need to be loaded to get into them.

They're pumped straight into the blood stream, giving you a bespoke tool to battle anything from symptoms of adrenal fatigue to boosting and cleansing your liver. The Elixir Clinic in Knightsbridge offers fitness infusions with nutrients and minerals that can hugely benefit fat loss when training.

To find out more go to theelixirclinic.com.

WEARABLE TECH



The WT 'revolution' began with fitness bands that only measured the amount of steps we covered in a daily basis and that sort of thing. I say 'only measured' – but this information is a great indication of your progress and how active you generally are.

I'm currently using the Polar Loop.

It's an activity and sleep tracker that gives perfect guidance on how to reach your goals. As well as measuring resting and active heart rates, you'll find out how long you have been sat down in a day and how well you sleep.

To find out more go to polar.com.

TRAINING HOLIDAYS



Yoga retreats have been around for decades, with locations tailoring for the crowd after spirituality mixed with a detox and relaxation.

In my opinion, you can still have a restful approach on training retreats but still work hard at the same time.

After staying in Ibiza for the summer to train a client I have well and truly fallen in love with the Island.

Balearic Bootcamp run by Hugo Martini is the first premium training holiday to be taken to Ibiza. It offers a package of bootcamps, yoga and hill trekking alongside nutrition in the form of the very best food sourced from local farmers and organic markets.

To find out more go to balearic-bootcamp.com.



With Mikey Jonns

MUSIC



COOMBE ON, COOMBE ON

PICTURE: Rankin

Former Supergrass frontman Gaz Coombes swapped cocaine for tea a long time ago. He's still alright about that, and is on a high after releasing his self-produced second solo album.

LOADED You recorded your second solo record *Matador* in your home studio. It sounds amazing. Is it going to sound as good live?

GAZ COOMBES I can't wait to get on that stage and bring it all to life. We're deep in rehearsals and it's sounding so good, so it's very exciting.

LD You played a load of churches last year. This year it's club gigs. You don't ever stand still do you and always try new things. Is that because it keeps it interesting for you, or for the fans?

GC I think it's really important to keep trying new things. The church tour was

amazing because I got to feed off the natural reverb of those rooms. In a club you can feel the heat and the sweat close up – it's a whole different vibe. I think the fans are always up for seeing stuff presented in a new way. But club shows are very close to my heart. It's how it all began and there's nothing like it.

LD The new album is already being described as a masterpiece and your finest work yet. How far do you think you can take yourself as a solo artist?

GC It's hard to say. All I know is I'm loving it right now and the momentum is really building. I'll take it as far as I can...

or until the well dries up, which I hope never happens.

LD You said 'absurdism' influenced your last album. What was the inspiration for this one?

GC I just soaked up experiences, looking for life's little hooks that spark an idea. Human behaviour, moments of light and dark – all those beautifully contradictory sides of life.

LD Oxford band Ride recently got back together and they always said they wouldn't. It was the same with the Stone Roses. Can you see Supergrass getting back together?

GC I'm really excited to see Ride perform again. They were one of the first bands I ever saw live. I can't say if Supergrass will ever reform... ask me again in 10 years.

LD It seems Britpop is now a dirty word. Do you look back fondly on the era? Can you ever see something like that happening again?

GC Yes, it was a rich time for guitar music, although not all of it was good. Quite a few of those bands do sound very dated now. But it definitely put indie bands back on the map. I think those movements come in cycles and phases. When music gets too saturated with tedious, mainstream pop, the people tend to speak up and force it out, albeit temporarily.

LD Spotify – a force for good or evil?

GC I think we just have to accept that people listen to music differently these days. I'd rather people hear my music than not, but there will still always be fans that want to hold that vinyl in their hands and listen to a record as the artist intended. As long as in this streaming culture the artist isn't fleeced. After all, musicians have to make a living.

LD What bands are you into now?

GC There's all sorts of stuff I've been listening to recently, especially Foxygen, Grizzly Bear and Slow Club. But I've also been listening to loads of Iggy Pop and going back through all those great records. It's just really, really amazing stuff.

Matador is out now.



NEW NOISE

SEA OF SOUND

Liverpool quartet **Circa Waves** turn out brazen tunes that are a hybrid of The Libertines and The Strokes at their best. They're on a mission to break America – all for 'The Boss'.

FORMED Liverpool, in 2013 | **MEMBERS** Kieran Shudall, Vocals & Guitar Sam Rourke, Bass Sian Plummer, Drums & Joe Falconer, Guitar | **MORE INFO** circawaves.com.

LOADED You've got your first album coming out and big shows lined up all over the world. It's quite a change from a couple of years ago working shitty jobs isn't it?

JOE FALCONER Yeah, a little bit. But it's kind of exactly the same except now I don't get a guaranteed lunch hour every day.

LD Who had the shittiest job then?

JF Right before we started, Kieran was cleaning student accommodation, so he probably takes the prize. But we've all done our fair share. I once worked in Primark and also for a brief time packaging Internet orders for John Lewis.

LD Describe the debut album **Young Chasers** in five words.

JF Proper indie rock 'n' roll.

LD How are you dealing with the pressure? There's been a ton of hype heaped on you.

JF We're all a mess and developing severe personality disorders. Nah, to be honest, we just ignore it. It only really matters what people who listen to our music think

of us, so it's kind of better to treat hype as bullshit.

LD Are you going to try and break the States? Loads of bands don't even get the chance these days.

JF It's always been a dream of ours. We went recently, but we still have a long way to go. I think we all would like to achieve enough to have the privilege of hanging out with Bruce Springsteen. Everything we do is to get closer to The Boss.

LD You've toured with a load of big bands including The Libertines and The 1975. Who's your ultimate dream to support?

JF We'd love to play with the Foo Fighters. A few of us grew up on their music and started playing because of them. I don't think we'd be able to keep it cool if we met them though.

LD You destroyed it at Glastonbury last year and got a great reaction. How was your first stint at Worthy Farm?

JF I stuck around for the whole weekend and wandered around aimlessly, mainly ending up in comedy tents. It's too big to

BREAKING BANDS

HIGH TYDE

WHO? Teenage Brighton band straight out of school and onto Radio 1's playlist.
WHAT? Full of energetic hooks and melodies. Fans of Bombay Bicycle Club and The 1975 will love them.
WEB facebook.com/wearehightyde

GLASS CAVES

WHO? Buskers-turned-band from Leeds.
WHAT? Like Catfish & The Bottlemen, but with bigger barnets.
WEB facebook.com/glasscavemusic

THANK PABLO

WHO? English indie-folk quintet.
WHAT? A blend of The Kinks, The Shins and Paul Simon.
WEB soundcloud.com/thankpablo

MATINEE

WHO? Rockers who hail from Italy and live in London, named after Franz Ferdinand's hit song Matinee.
WHAT? Carl Barât described them best when he said they're an "accomplished Italian answer to the indie music of the Noughties".
WEB matineeband.com

THE WALETONES

WHO? London-based lads signed to Gary Libertines' record label.
WHAT? A cocktail of Mersey beat, Britpop and the Beach Boys.
WEB thewaletones.com

make any plans to go anywhere or meet anyone. It's the best festival I've been to.

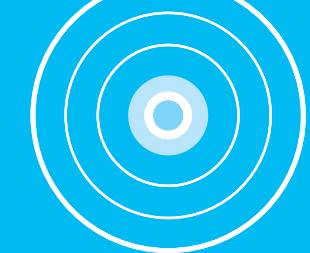
LD What were your first gigs like? And what bands influenced you?

JF I saw The Vines when I was 13, and I remember coming away thinking that was a proper rock 'n' roll gig. We hate bands that just stand there and expect the songs to do the work.

LD Kasabian have bemoaned the fact too few bands get on it, saying there's too many 'chicken and broccoli' groups around. I take it you're not one of them? You boys look like you have a lot of fun on the road. What's the wildest time you've had?

JF We party, but it's like the magicians' circle – we'll never tell what goes on. Maybe we will, though, in 20 years time when we're all dried up and we write autobiographies for some extra income, around Christmas 2035. **Id**

Circa Waves' debut album Young Chasers is out March 30th.



REVIEWS

ALBUMS

HUDSON TAYLOR SINGING FOR STRANGERS

DOWNLOAD Battles And Weapons

Already commanding an impressive cult following thanks to recent barnstorming gigs with The Rolling Stones at Hyde Park and Jake Bugg, Dublin brothers Harry and Alfie Hudson-Taylor make folk-pop that harks back to yesteryear greats including Simon and Garfunkel and Crosby, Stills & Nash.

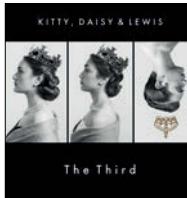


KITTY, DAISY & LEWIS

THE THIRD

DOWNLOAD Whenever You See Me

There's real pedigree on this latest LP from multi-instrumentalist Durham siblings Kitty, Daisy and Lewis Durham. The trio fuse a marvellous mash-up of styles - from funk to disco, jazz and blues - to stunning effect.



BJÖRK VULNICURA

DOWNLOAD Black Lake (All immersive 10 minutes of it.)

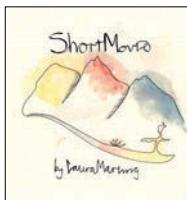
A welcome return for the endearingly eccentric Icelandic songstress following a four-year hiatus. Björk says this is her "heartbreak album". It sounds it - it's raw and emotional, with the singer laid bare.



THE CRIBS FOR ALL MY SISTERS

DOWNLOAD Burning For None

They've got a new record deal and their 2015 UK tour sold out in minutes. The Cribs will be showing off their sixth studio album that features the kind of mature, evolved songwriting that's guaranteed to win the Leeds trio even more admirers.



LAURA MARLING SHORT MOVIE

DOWNLOAD False Hope

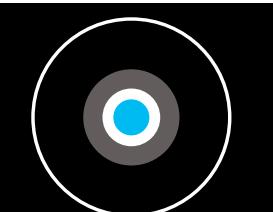
Another superb collection of songs from the enchanting three-time Mercury Prize nominee. It's Marling's fifth album in seven years and represents a bigger, bolder and more amped-up sound. It's her best work yet.



SUNDOWNERS SUNDOWNERS

DOWNLOAD Hummingbird

Paul Weller and The Coral are all big fans of the Wirral five-piece and there's little wonder why. This is an absolute feast of glistening guitars, hypnotic grooves and spine-tingling harmonies. It's a brilliant debut that deserves to go far.



SINGLES

THE VACCINES HANDSOME

This first taste from The Vaccines' upcoming third album is a typically rapturous, melodic anthem.

BLOSSOMS CUT ME AND I'LL BLEED

Classic sounding Brit-psychadelia out of Stockport, this has been championed and produced by James Skelly of The Coral.

THE BOHICAS TO DIE FOR

Style and substance coupled with brains and brawn. Channelling kraut rock and garage influences, this is pure class.

TIJUANA BIBLES SUN CHASER

Having smashed the back doors off every Scottish venue they played last year, the band are stepping things up with a huge UK tour backing this epic new single.

MISTY MILLER BEST FRIEND

With more than a passing nod to artists such as PJ Harvey and Debbie Harry, this is raunchy 1970s New York punk-influenced rock, but with seductive vocals.

FLORRIE TOO YOUNG TO REMEMBER

Currently filling some pretty big shoes (including Beyoncé and Rihanna) as the new face of H&M, Brit singer/songwriter Florrie makes a big statement with this latest release.



TEENAGE CANCER TRUST

WHEN March 23rd-28th.

WHERE All gigs are at the Royal Albert Hall, London.

WHO Performers include Noel Gallagher's High Flying Birds, The Who, Van Morrison, Paul Weller, Stereophonics, Johnny Marr, Wilko Johnson and Future Islands.

THE PRODIGY

WHEN May 4th-16th.

WHERE Alexandra Palace, London, and the Cardiff Arena.

THE VACCINES

WHEN March 27th-April 8th.

WHERE Manchester Albert Hall and Brixton Electric, London.

FOO FIGHTERS

WHEN May 25th-June 23rd.

WHERE Murrayfield, Wembley and Old Trafford stadiums.

RIDE

WHEN May 22nd-May 24th.

WHERE Glasgow Barrowland, Albert Hall, Manchester and London Roundhouse.

PAUL WELLER

WHEN March 5th-22nd.

WHERE York Barbican, York, and Warwick Arts Centre, Coventry.

THE VIEW

WHEN March 27th-April 11th.

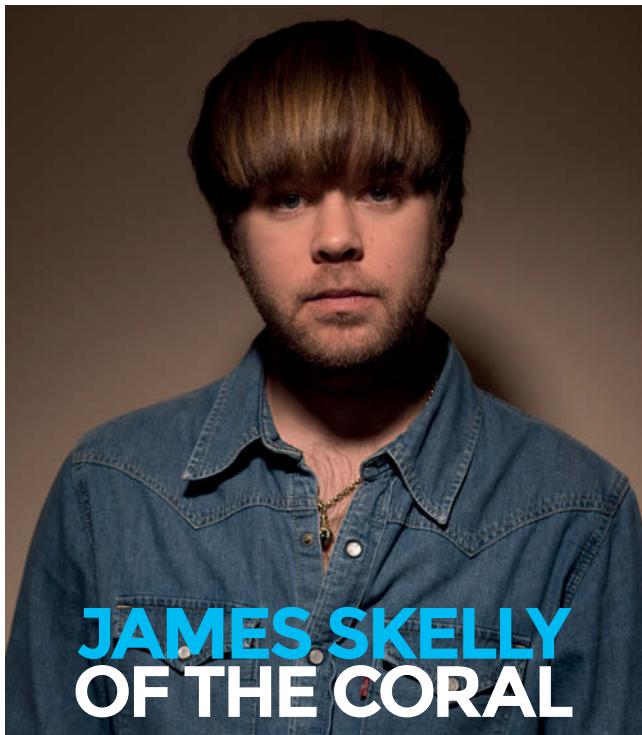
WHERE Glasgow Barrowland and KOKO, London.

THE BOHICAS

WHEN May 21st-June 8th.

WHERE King Tut's, Glasgow and Oslo, London.

'DO YOU REMEMBER THE FIRST TIME?'



JAMES SKELLY OF THE CORAL

THE FIRST RECORD I BOUGHT

Was Especially For You by Kylie Minogue and Jason Donovan. I used to listen to it on my Fisher Price cassette player. I'm not sure if the pair were ever really in love but it certainly seemed like they were at the time.

THE FIRST GIG I WENT TO

Was David Bowie at The Royal Court in Liverpool. The old stuff was great but I wasn't really into the drum 'n' bass phase that he was in at the time.

THE FIRST SONGS THAT INSPIRED ME

Were the whole of the It's A Kind Of Magic album by Queen. I heard it on The Highlander soundtrack and went out and bought it.

THE FIRST SONG I WROTE

Was about a roller coaster. It was shite.

THE FIRST GIG I PLAYED

Was at The Slaughter House in Liverpool. It's still one of the best I've ever done. And, in fact, it's one of the only gigs I can properly recall in my mind.

MY FIRST MUSICAL HERO

Was Ritchie 'La Bamba' Valens. It was because I saw Lou Diamond Phillips playing him in the 1987 film La Bamba. I watched it recently. The end still fucks me up.

James Skelly runs Skeleton Key Records. Check out The Sundowners, Blossoms, Circles and more new bands at his website skeletonkeyrecords.com.



THE 120 SECOND INTERVIEW

The Wombats' frontman Matthew 'Murph' Murphy on boozy first gigs and pulling women on fire escapes.

LD **What was the first record you bought?**

MM Either Bryan Adams' Waking Up The Neighbours album or Michael Jackson's Thriller. I went in pretty big at the start because I was into Happy Hardcore when I was younger. All in all, it was a dreadful period.

LD **What was the first gig you saw?**

MM Radiohead in Warrington.

LD **What was the first song that inspired you?**

MM I had pretty awful music taste until I heard Creep by Radiohead on New Year's Eve at my friend Jack's house and I was just like, 'What the fuck is this?' I then became this bizarre Radiohead pervert up until their fifth album Amnesiac.

LD **What was the first song you wrote? And was it any good?**

MM It was called Fire Escape and it was about this club in Liverpool called The Krazyhouse. On the third floor there was this fire escape that we all used to go down on and smoke or, you know, pull women. It was pretty weird. And was it any good? No.

LD **Where did you play your first gig?**

MM Our first gig was in Hannah's bar in Liverpool and we all wore jester's hats. It was a tenner in and all you can drink and I think that was an omen for the rest of our careers. It was definitely a fun night but we've done far better gigs since.

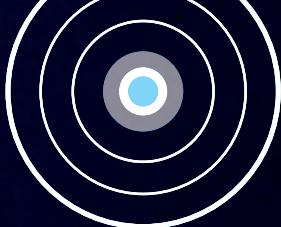
LD **Who are your musical heroes?**

MM Morrissey, Elliot Smith and whimsical people who are self-deprecating.

LD **What would be your last meal on death row?**

MM Sushi, but that's probably because I want sushi now - but really good sushi, not crap sushi. And within the sushi dinner there would be elements of wagyu steak. And yes, I know I sound like a twat.

The Wombats' third album Glitterbug is out April 6th. Their UK tour starts in Bristol on April 8th.



EXCLUSIVE REVIEW

CHASING YESTERDAY... TOMORROW'S HIT

Noel Gallagher's second High Flying Birds album Chasing Yesterday features Johnny Marr on guitar and 'space jazz'. Music Editor Mikey Jonns gives his track-by-track verdict.

RIVERMAN

A vintage Noel acoustic ballad kicks things off. Cut from the same cloth as Oasis classic Where Did It All Go Wrong? this is a magnificent opener featuring simmering sax solos, swirling Hammond organ and a spine-tingling chorus. It's his favourite song on the album, and you can tell why.

IN THE HEAT OF THE MOMENT

Things step up a gear with the first single from the album (released at the end of last year.) Driving bass and drum rhythms combine with haunting atmospherics, leading to a typically soaring chorus. It takes a couple of plays to get it, then grips like a vice and doesn't let go.

THE GIRL WITH X-RAY EYES

Paul Weller summed up this album best when he got a listen and said it was full of "great songs and great melodies" - and this third track has both. It's a wonderful guitar ballad that coasts and breezes to a brilliant psychedelic middle section. A bona fide Gallagher classic that gets better and better.

LOCK ALL THE DOORS

It's like an old Oasis tune resurrected from the vaults. Lock All The Doors is

one of those effortless-sounding songs you imagine Gallagher was churning out by the dozen back in the day. Direct, unfussy, simple brilliance.

THE DYING OF THE LIGHT

The most melancholy moment on the album brings the first half to a close. Chiming keyboards, delicate string swells and hypnotic minor melodies weave together in an understated arrangement that really lets Gallagher's voice shine through. And it's obvious he's singing better than ever at the moment.

THE RIGHT STUFF

This was largely an instrumental song that was originally intended for Gallagher's never-heard side project Amorphous Androgynous. It builds and builds around a cool acoustic drone to an epic, psychedelic finale with guitar solos snaking in and out of jazzy saxophone, trumpet stabs and meandering bass lines. A trance-inducing space jazz jam.

WHILE THE SONG REMAINS THE SAME

A purposeful marching beat, shimmering guitar lines and sweet falsetto vocals get goosebumps rising before the chorus. This is Gallagher's songwriting at its best. Relentlessly melodic, with a trademark guitar solo that might just be his best yet.

THE MEXICAN

Another song that began life with Amorphous Androgynous. It features Rolling Stones-style percussion and shades of T-Rex in the guitar and bass riff that loops for most of the song before it launches into a massive wall-of-sound climax. The Mexican is sure to be a huge crowd-pleaser when it's played live.

YOU KNOW WE CAN'T GO BACK

Not, as many will speculate, a response to the Oasis comeback question, but an absolutely cracking song that would have stood out on any Oasis album. It glides along with melodies that lift you above the clouds (think I Hope I Think I Know from Oasis' Be Here Now and you'll get the drift.) It's instant, memorable, uplifting and comes complete with the very definition of a skyscraper chorus to put you on a high.

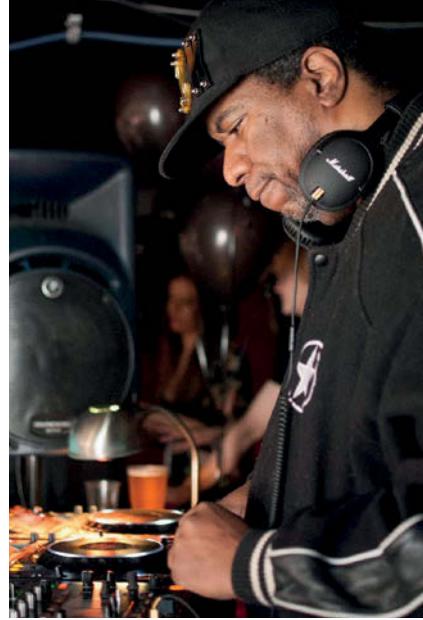
BALLAD OF THE MIGHTY I

It's difficult to choose, but for me this is probably the best of the bunch. It features propulsive beats, floating bass lines, sweeping string surges and a stunning turn from one of Gallagher's favourite guitarists, Johnny Marr. Gallagher's voice is on fire here too. A suitably stirring finish to a great album.



PLAY THAT SONG

Along with Frankie Knuckles, **Marshall Jefferson** is one of the founding fathers of house music. Responsible for anthems *Move Your Body* and *Open Our Eyes*, he is a hero to dance fans everywhere. Here he describes his favourite grooves.



ACID TRACKS PHUTURE

This is the template for all things acid house, with textbook use of the Roland TB-303 that has never been duplicated since –because there were three people twisting the knobs on this one. It was completely organised. Everyone knew exactly when, what and how each knob was tweaked. I call it a symphony and it was a pleasure to watch it going down.

HARZ SENSORAMA

This one is way under the radar and really underground, and I love it. It starts with a salsa bass and just builds and builds and builds. It sounds completely different from anything else in your set so it sticks out like a sore thumb. It gets more enquiries of, "What was that you just played?" than any other song I put on.

I'VE LOST CONTROL SLEEZY D

I originally did this song in 1984 but it didn't come out on vinyl until 1986. It was the second song I gave to Ron Hardy on a reel-to-reel tape, which he played from until 1986, when it finally came out. Ron played it so much before release, that to this day, you can hear where the tape was actually stretched from wear at the beginning from Hardy cueing it up. This was my interpretation of a nervous breakdown and my good friend Sleezy picked it up right from the start and ran with it.

I CAN FEEL IT (ORIGINAL MIX) MIGUEL MIGS

I love a lot of Miguel Migs' songs but I'm just picking this one out of the pile. Miguel builds crescendos, pauses and actually telling a story with the music. There's a big deep bass line driving it with everything introduced periodically and very intelligently spicing it up. Well done Miguel – respect.

YUKI (DEEPER DUB) ERIC ERICKSSON

I like the deeper dub on this because nothing interrupts the groove and it just keeps moving the dance floor with a super funky tech house rhythm. I like starting off sets with this one because it gets everyone going. It's extremely hard not to dance to this.



NEW DAY, NEW LIGHT (ORIGINAL MIX) LAY-FAR

This one is kind of chilled, but I love the way it builds. I'm not brave enough to start off a party with this because it could slow things down, but it's very sweet and melodic, with some nice synth orchestration. It's a beautiful song that tells a story.



Marshall Jefferson will play an exclusive set at House Is A Feeling in London's Warehouse LDN on Saturday, March 7th. Alex P and Soul Avengerz will also appear. For tickets go to warehouseldn.co.uk.

ALBUM



CHASED YESTERDAY

RELEASE DATE March 2nd

TRACKLIST

- 01 Riverman
- 02 In The Heat Of The Moment
- 03 The Girl With X-Ray Eyes
- 04 Lock All The Doors
- 05 The Dying Of The Light
- 06 The Right Stuff
- 07 While The Song Remains The Same
- 08 The Mexican
- 09 You Know We Can't Go Back
- 10 Ballad Of The Mighty I

MARCH TOUR DATES

NOEL WILL PLAY

BELFAST Odyssey Arena, March 3rd

DUBLIN 3 Arena, March 4th

NOTTINGHAM Capital FM Arena, March 6th

GLASGOW The SSE Hydro, March 7th

MANCHESTER Arena, March 9th

LONDON O2 Arena, March 10th

BOXED OFF TV & FILM

With Joe Nawaz

...Rupert, could you go to the diary room please ...



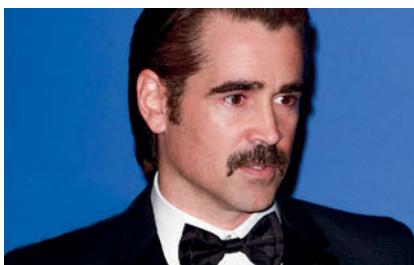
TV

CBBigotry

So Katie Price won this year's Big Brother. The cost of her victory was the most public culling of our closest animal relatives (Perez Hilton, Katie Hopkins and Calum Best) since we started to clamp down on gorilla poaching.

The thing about CBB is that after avuncular Jim 'I'm not a racist' Davidson won the vote last year, bosses had to figure out how to make it entertaining but avoid racism? Unfortunately, Ken Morley was kicked out of the house this year... for racist remarks. Then US singer Alexander O'Neal said he didn't trust Arabs in a chat about the show.

Past claims that Big Brother held social and anthropological value has now been buried more deeply than a 9/11 bomber in the sea. It's just a zoo.



TRUE DETECTIVE 2

Out Summer 2015

At first there were doubts, but it was soon clear that deep-fried True Detective was the best thing on HBO - and on TV in years. It was so bloody good we forgave Matthew McConaughey for a decade of shit movies. Now series two has been announced, and the casting of Vince Vaughn and Colin Farrell and the relocation from the swamps of Louisiana to a Californian freeway setting hasn't quelled fans' lust for the show's beautifully shot ritualistic brutality.



WOLF HALL

Out Now Showing

There's nothing like a good anachronistic "fuck" and "bollocks" to get the juices going. In the juicy central role of Thomas Cromwell, Mark Rylance has got his teeth into the role like a pug with a heroin-flavoured chop. But it's Bernard Hill's Duke of Norfolk who adds punch to the period. Along with the more predictable curses, the duke cried in episode three, "By the thrice-be-shitten shroud of Lazarus! He's the best TV sweary since Malcolm Tucker.

FILM

INHERENT VICE

Out Now showing Cert 15

Paul Thomas Anderson's sprawling (is there any other kind of PTA movie? Or Thomas Pynchon novel for that matter?) stoner gumshoe epic doesn't deserve the light pasting it's been receiving in the media. At the very least, *Inherent Vice* is the prettiest, most ambitious and beguilingly puzzling movie to come out so far this year.

Set in 1970, around the time of the Manson Trials, the film sets up a labyrinthine "Mansonoid conspiracy" of a plot, which woefully essays the death-knell of the counter-culture as witnessed by befuddled private dick 'Doc' Sportello.

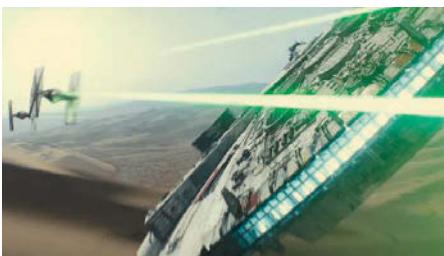
The Doc is played with perfectly stoned imprecision by the awe-inspiring Joaquin Phoenix, who makes this the best stoner film since *The Big Lebowski*.



DON'T GIVE UP THE GHOST(BUSTERS)

Out 2016 Cert TBA

After years in development Hades, the long-thwarted plans for a *Ghostbusters* 3 haven't so much been put on ice as been sprayed with liquid nitrogen and set to with a hammer. We now have the prospect that an all-female version of *Ghostbusters* will be on the big screen for summer 2016. Bridesmaids director Paul Feig will be at the helm, with stars Kristen Wiig, above, and Melissa McCarthy plus Kate McKinnon and Leslie Jones donning the proton packs.



HATEFUL EIGHT

Out November 2015

It's back on track after the script was leaked and Quentin Tarantino said it wouldn't happen as a result. It's another western and the cast is a sandwich that shouldn't work, but will - the actors include Channing Tatum, Samuel L. Jackson, Kurt Russell, Walton Goggins, Jennifer Jason Leigh, Tim Roth and the mighty Bruce Dern.

STAR WARS EPISODE 7: THE FORCE AWAKENS

Out December 2015

It should be impossible to dick this one up where box-office sales are involved, except if Jar Jar Binks pokes up his head again. Even the trailer for this one sent the Internet into meltdown as Star Wars nerds scrambled to catch a glimpse of the movie, which isn't released until the end of the year.



FILM 2015 BLOCKBUSTERS



JURASSIC WORLD

Out June 2015

In terms of franchise revival, this one could be as profitable as *Star Wars*.

MISSION IMPOSSIBLE 5

Out July 2015

Ol' man Cruise will have Jeremy Renner along for some of the younger man's running around duties. But Cruise is unlikely to come up short on his stunts.

CRIMSON PEAK

Out October 2015

Guillermo del Toro directs an old school horror starring Charlie Hunnam and Jessica Chastain. It involves a mysterious man and an old mansion up in secluded mountains. What's not to like about that?

TECHNOFILE

With Phil Hamilton | Technology Editor



SOCIAL ANIMALS

Mark Zuckerberg once joked about the "dumb fucks" who trust him by entering their details on his glorified data-collection service Facebook.

And these days, anyone with an ounce of paranoia steers clear from plastering their lives across social networks. But the sites are still big business. Despite people now being turned off by the Big Brother potential of the likes of Facebook, it still has 1.35 billion active monthly users. Twitter has 284 million monthly users. But there are now a fresh glut of new kids on the social networking block – because the potential to make big money by creating sites that mine users' data is still massive.

Here are the top seven sites hoping to strike it lucky by cashing in on the Facebook bubble.

"IF YOU'VE GOT ANOTHER WOMAN IN YOUR LIFE OR ARE SELLING DRUGS, THIS VERY PRIVATE CHAT SERVICE WILL BE PARTICULARLY USEFUL"

The seven social sites, apps and dating services about to pounce on the dwindling appeal of Facebook and Twitter.

BEBO

Your first reaction to the mention of this social networking and blogging site is probably to sneer in disbelief that it's on this list. But at one time it was so popular (it had 10.7 million users in the UK alone) it was sold by husband and wife founders Michael and Xochi Birch for £560million to AOL in 2008.

It was one of the worst deals ever made in the dotcom era.

AOL ditched it in 2010 and the new company that owned it filed for bankruptcy three years later. But the Birch couple have bailed out Bebo by buying it back for £660,000. They've relaunched it as a mad, avatar-based, hashtag-crazy messaging app that "probably isn't for boring people". Think WhatsApp, but you get to create your own avatar (with all the



customisable options you'd expect.) Then, as you're chatting, all the hashtags you insert make your avatar perform different actions or the expressions. It's not just limited to simple emotions like #tired or #happy. You can #twerk, #kiss and even #slap.

Don't dismiss it so easily – it'll no doubt be valued at big money again soon.



CRYPTOCAT

This application (and site) provides the chance to chat very, very privately. You don't type in any personal details – you just enter a name that can only be accessed by other users who know your handle. Now, if you want to hammer your mates with dodgy photos from a night out, any social network will do the job. If you've got another woman in your life or are selling drugs, this one will be particularly useful.



ELLO

This is the not-for-profit rival to the data marketing tool that is Facebook. It bills itself as "ad-free" and stresses in its manifesto it is into "beauty and transparency". It also proclaims on its homepages it will never sell user data, and tells visitors: 'You are not a product'. Ello was created by a bunch of graphic designers and has artistic pretensions – the homepage is a cloud of floating avatars. It operates in a more exclusive zone than Facebook. Users can only sign up with the invitation of a friend and the people you follow can be split into two categories – 'Friends' and less-intimate acquaintances who are termed 'Noise'. Ello, which launched last March, started with seed funding of £290,000. In October it reorganised itself as a benefit corporation and raised another £3.6million in capital.

THE LEAGUE

Dubbed 'The classy Tinder', this dating app is apparently for individuals who don't need online help to get a partner but who want to see what's out there anyway. It describes its target as professionals who are "smart, busy, ambitious, super-picky and constantly over-committed". It uses business network LinkedIn as its primary data source as well as Facebook. But you can't just join – you've got to be "screened" to be part of this curated community. It's part of a rise in exclusive social network sites. The principle is that you can't just get into any job or university, so why should dating sites be a free-for-all? This elitist app is to be rolled out in London and then to other parts of the UK. Would you be accepted into The League? Hopefully you don't give a shit.

MEGACHAT

Developed by Internet entrepreneur Kim Dotcom, this browser is known as "the Skype killer" as it promises users encrypted and private video chat. Dotcom – who is fighting extradition to the US from New Zealand on charges of copyright infringement – says its video calls are encrypted at both ends. It means that soon we'll all have access to Dark Web-style communication. And footballers and no-mark soap actors can use it to crack one off on camera without fear of the tape being flogged.



SPORTLOBSTER

The noise of sport on social media primarily takes place on Twitter, with Premier League football seeing hashtags explode each week. Now it has a rival. Sportlobster, like Twitter, lets fans follow their sporting heroes (Cristiano Ronaldo, George Groves and Michael Owen are all on it) and offers the latest news on all sports, as well as chat with other fans, picture and video sharing and live score feeds.

HASHTAG HERO
Ronaldo is one of the stars on Sportlobster.



TUNEPICS

Launched by former Burberry digital creative Justin Cooke, Tunepics has already lured Cara Delevingne, Kate Bosworth, Paul Smith and Jamie Oliver on board as users. For those who don't know, it's a photo app that lets you add mood music to your images by linking with iTunes' library. In other words, Tunepics is basically Instagram with a soundtrack. You can attach a 30-second preview of any of iTunes' 35 million tracks to your images. It helps monetise itself by offering users the chance to buy the full song from iTunes through the Tunepics app. It's been downloaded in more than 150 countries and is attracting around 100,000 new users every week.

GAMING CONSOLE-ATION PRIZE



£12.2BILLION
NINTENDO'S WORTH.

1.3 MILLION
AMOUNT OF NEW 3DS
CONSOLES SOLD BY
THE END OF 2014.



Why Nintendo is still leading the handheld charge with their **3DS XL**.

So, 2015 is in full swing and there you were thinking there were no new consoles to get excited about this year. Wrong. Here are the reasons why you should fork out for Nintendo's 3DS XL – even if you've already got a 3DS.

SUPER-STABLE 3D

When the original Nintendo 3DS launched in 2011, the much-hyped 3D feature – which didn't require glasses or a headset – left users complaining of headaches and nausea. This was because the 3D only worked if you kept your head totally still, which is near impossible when you're on a train or a bus. The new 3DS has sorted out

the glitch. Clever camera-based eye tracking that you finalise on set-up stops any vomit-inducing displays and lets you blink, twitch and move when playing.

THE C STICK

What's better than one joystick? Two of them, that's what. Placed above your standard four thumb buttons on the 3DS XL, the double C Stick is a great addition that lets you swivel camera angles in 3D games. It's a replacement for the clunky Circle Pad Pro add-on Nintendo produced for the old console – and it's necessary with the improvements to the console's three-dimensional technology.

SOLID BATTERY LIFE

It always seems boring to highlight these things, but without batteries you're not going to be doing any worthwhile mobile gaming. You re-charge less with the new 3DS

as the battery inside gives you more power and longer gaming time.

AMIIKO

It's what Nintendo call their foray into the world of interactive figures. If you get your hands on a new 3DS, amiibo will work with the console straight out of the box. You can also transfer data between your different Nintendo consoles to get interactive characters working on them all.

LAUNCH GAMES

Nintendo has always known its secret is making great, addictive games. And they've resurrected the classics for the new 3DS. It has two must-have titles – the remake of The Legend of Zelda and Monster Hunter 4. Both show off the new Super-stable 3D display and the C Stick.

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10

RICHEST
SOCIAL
NETWORKS

01 Facebook

Valuation
£132billion
Launched
2004

02 Instagram

Valuation
£22billion
Launched
2010

03 Twitter

Valuation
£10billion
Launched
2006

04 Google +

Valuation
£13billion
Launched
2011

05 LinkedIn

Valuation
£12billion
Launched
2003

06 Tumblr

Valuation
£800million
Launched
2007

07 Reddit

Valuation
£265million
Launched
2005

08 MySpace

Valuation
£23million
Launched
2003

09 DeviantArt

Valuation
£10million
Launched
2000

10 Pinterest

Valuation
£3million
Launched
2010GAMES
ROUND-UP

TECHNOBITES

Twitter's
InstaGroan

The head honchos at Twitter have had enough of stars with millions of followers posting their pictures via Instagram. Verified Twitter users have been receiving an app alert reminding them to "post your photos directly on Twitter to make sure your fans always see them". Instagram photos haven't been viewable within tweets since December 2012, when the company switched off its integration with the Twitter site. The trick worked. In December 2014 Instagram announced it had more than 300 million users – that's 16 million more than Twitter's 284 million posters.

Virtually
Unbreakable

Microsoft recently unveiled its virtual reality headset prototype – and it's a very exciting piece of kit. Much of the hype surrounds its Windows holographic software. Google Glass was withdrawn from the marketplace in January because the public just wasn't ready to be logged onto the Internet all day. But with the Microsoft VR headset's HoloLens, you won't be logged on 24/7. Yes, you can play games – but there are more practical uses that are far better than that perk. If you're doing DIY at home, for example, and you need instructions, they will flash before your eyes. Microsoft also unveiled a concept that would allow a wearer to build a Minecraft world in their living room and also experience being on a virtual surface of Mars. It's not going to quite be the world of Minority Report or Star Trek when it drops, but we're getting to that frontier.

ANTI-SOCIALS

Facebook and Twitter are far too plebian for the wealthy. So the rich tried to create their own social networking sites. Here's one that lives on, and one that flopped.

SURVIVED

A Small World

asmallworld.com

MEMBERSHIP 320,000

Billed as "MySpace for millionaires" and "the secret social network for the elite", it was founded in 2004 by Swiss entrepreneur Erik Wachtmeister. Movie mogul Harvey Weinstein was also a founding member.

BENEFITS Members get to chat with the ultra-rich on the site's forum about the best yachts and hotels, and browse a social calendar.

BILL Members pay no fee and are inducted on the basis of education, job and contacts. If you don't know a member with invite powers, jog on.

DIED

Metropolitan

MEMBERSHIP 0

It was called "Facebook for the filthy rich" when it launched in November 2014, and was the brainchild of James Touchi-Peters, the former conductor of the Minnesota Philharmonic Orchestra. **BENEFITS** Metropolitan promised to be ad-free and totally exclusive. Members were told they could use the site to discuss luxuries such as "fine wine, fancy cars and lucrative business decisions without judgement".

BILL It had a joining fee of £5,533, plus an annual subscription of £1,844 ever year after.

BLUNDER One Facebook user said it was simply a "crappy Wordpress social network" and a "scam for suckers".

Unsurprisingly, it closed in January. Touchi-Peters said most members who signed up for the site used "stolen or non-existent credit cards". He added, "We assumed wealthy people wanted their own social network. It turns out they're not interested in expanding their social circles. They're fine the way they are."



JASON'S PLAYING WITH DEATH

Out Summer 2015 On PS4, Xbox, PC

Ski-mask nasty Jason Voorhees killed a lot of people in the 1980s in the Friday The 13th film franchise. The psycho has been quiet on the slashing front of late. But those of you yearning for your fix of blood-soaked murder on Camp Crystal Lake will be able satisfy your lust in a new video game.

Crystal Lake Entertainment has announced a new Friday 13th title is in development. It will be a co-op game in which some players take on the role of survivors and one will get to be Jason trying his best to kill everyone.

The premise is sound (think a slasher version of Evolve) and the game is due later this year.

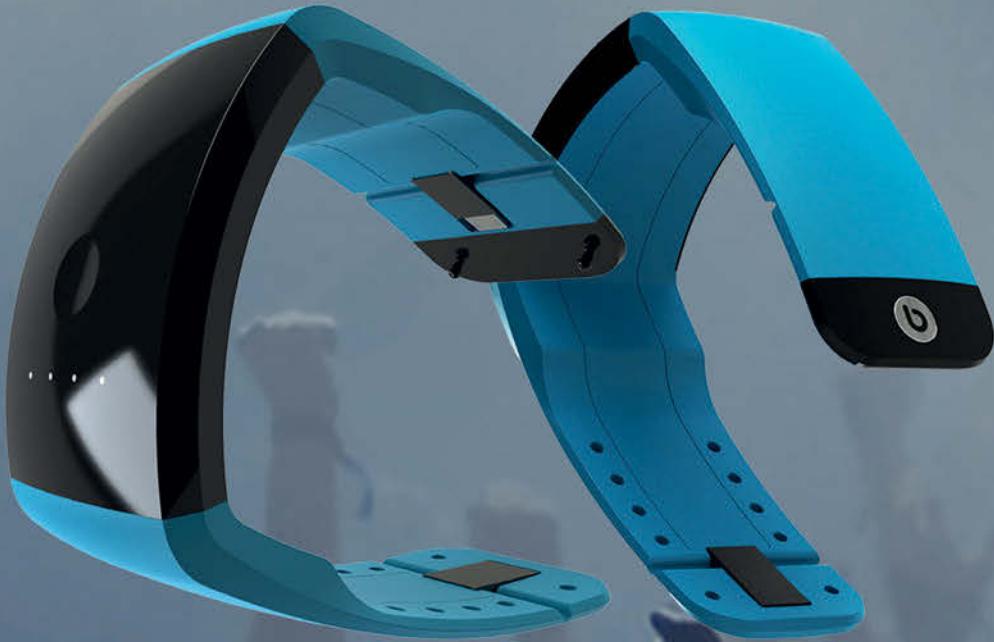
Just try not to have nightmares about the movie monster's previous video game outings in 1986's Friday the 13th: The Computer Game for Spectrum, Commodore 64 and Amstrad or the 1989 NES adventure. They have been regularly voted one of the worst games of all time.

“IT WILL BE A CO-OP GAME WHERE SOME PLAYERS TAKE ON THE ROLE OF SURVIVORS AND ONE WILL GET TO BE JASON TRYING HIS BEST TO KILL EVERYONE. THINK A SLASHER VERSION OF EVOLVE”



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THE WORM HAS TURNED

Booze pundit Toni Jones reveals why mind-bending mezcal is the only member of the tequila family you should drink.

It's not every day you get shut in a 'tequila cage' in Soho, and that's probably a good thing. But the night I found myself locked in a London drinking den to test almost every variety of the tequila family proved to be an epic one on many levels – mostly because it was my first brush with the Mexican marvel that is mezcal.

Mezcal is the smokiest, sexiest relation to tequila. And it's about to go huge. It's made from the cactus-like agave plant and was once written off as a poor man's firewater. But it's now enjoying

unprecedented success. Forget the 'hallucinogenic' worm-infested potions you get in tacky tourist tequila bottles. Today, mezcal is one of the most sought after South American spirits and is already being served in the world's best bars.

Cheaper bottles in the UK cost around £25 to buy from shops – an elevated price from tequila.

At Brickhouse in Hong Kong the cigars are served with aged mezcal. In Miami's stylish Raleigh bar they serve it on the rocks with a heap of chilli and at London's Rumpus Room it comes whipped into a sour. In Wahaca, the Mexican bar/restaurant chain responsible for the aforementioned tequila cage, they serve it every which way and its founder, 2005 Masterchef winner Thomasina Meirs, can't get enough of the stuff.

She even opened a Mezcaleria bar dedicated to the endorphin-enducing drink last year.

Meirs calls it "the mother to all the tequilas" and one of her favourite tipplers is a smoky margarita made with mezcal, agave syrup and lime juice.

She is on a mission to educate the world in the ways of the wondrous spirit.

I don't remember as much as she does about the spirit after the cage incident, so on the following page is her guide to mind-mashing mezcal. **Id**

"Forget the 'hallucinogenic' worm-infested potions you get in tacky tourist tequila bottles. Mezcal is about to go huge"



TASTING NOTES

Mezcal's still too cool to be found in your local supermarket, but Selfridges have a brilliant selection in store and online. It's not cheap, but this is a boutique spirit to be sipped and savoured so it's worth splashing out on. Here are the two top types.



FOR EASY DRINKING

Milagrito Mezcal Enmascarado 45
Price £89.99

This is a classic mezcal tempered with spring water. It's elegant, crisp and very pure. And while it's not cheap, you'll taste every penny.



FOR SHOWING OFF

Pierde Almas +9 Mezcal Gin
Price £129

This is quite a rare mezcal that requires taking neat sips to really appreciate the quality. With scents of juniper and warm Asian spices, this mezcal combines fruit, tropical flowers and gentle smoke to give it a creamy and distinctive taste.



A MASTERCHEF'S GUIDE TO MEZCAL

WORDS Thomasina Meir, 2005 Masterchef Winner

Mexico makes just two million litres of mezcal a year – less than one per cent of the amount produced of its more famous agave plant-based liquor, tequila.

Mezcal may have once been scorned as poor man's tequila, but consumption in bars across the world has more than doubled in the past four years and exports have tripled in the same period.

The main difference between mezcal and tequila is mezcal can be made from more than 30 species of the agave plant. There are strict rules about how tequila can only be concocted from the blue agave – a plant similar to aloe vera which is part of the lily family.

To make mezcal, the agave plant is usually cooked underground in soil-covered pits for days, giving it a smoky flavour. Its name comes from the words nahuatl mexcalli – meaning 'oven-cooked agave'.

Mezcal is traditionally drunk on its own, much like you would a nice whiskey. It is often accompanied with orange slices and sal de gusano (worm salt.)

Ingredients in the production of mezcal don't just include agave. Fruit and even meat is added to the still to infuse savoury flavours to the finished spirit.

Trouble is brewing in the mezcal business in the form of an imminent crisis in the supply of agave. There have always been seasonal shortages due to the plant's natural growing cycle. Now, growers say buyers from the tequila region of Mexico are driving away with truckloads of Oaxaca agave used to make mezcal. The situation is fuelling speculation they are trying to sabotage the competition posed by mezcal.

How To Drink It

Award-winning bartender Rosie Paterson loves serving up smoky spirit mezcal behind the bar at her pub Voodoo Lounge in Edinburgh.

The 23-year-old, above, says, "My chosen brand of mezcal is QuiQuiQui (for more visit [quiquiqui.co.uk](http://www.quiquiqui.co.uk).) It's handcrafted in small batches and made with 100 per cent agave. The name translates to 'cock-a-doodle-doo' oddly enough.

"My preference is to drink it neat but I also serve a nice Vida Mezcal – it's 50 ml of mezcal with a dash of Angostura bitters, topped with half mango juice, half soda and garnished with a mint sprig.

"A more complex mezcal cocktail to try is the Classically Smoky based on a Manhattan. It's 50 ml QQRQ Mezcal stirred down with 15 ml Cherry Heering, 10 ml of Martini Extra Dry, two drops of chocolate bitters and a Lagavulin whisky rinse in the glass. You garnish it with a charred rosemary sprig – perfection."

I'll Have What He's Having With Kenna Kennor



When he's not tending to the bounces of Rosie Huntington-Whiteley, Jourdan Dunn, Victoria Beckham or a raft of Victoria's Secret models,

crimper Kenna Kennor, above, spends his time between his salons in London and Brooklyn. To unwind, his tipple of preference is hand-crafted, 45 per cent ABV Kentucky bourbon whisky Maker's Mark. He says, "I drink Maker's Mark on the rocks. I used to be a beer man but it was making me fat so I switched to bourbon. My girlfriend in New York pours a mean home measure but I also love to drink in the Manhattan view with a glass or two at the Wythe Hotel's rooftop bar in Brooklyn."

GET YOURS Waitrose, £29



"Having a threeway pretty much always tops the most popular fantasy list, particularly for men"

HOW TO MAKE WOMEN DO ANYTHING YOU WANT

Erotic expert Tracey Cox's guide to talking females into threesomes, swinging and sex parties (and it's not that hard.)

The really good news for men is this: women are more likely to say yes to offbeat sex requests than ever before. We're at the centre of a sexual revolution, with women upturning the notion that they're not interested in sex. We are. We're just not interested in the sort of sex we're often offered by long-term partners – routine, vanilla and centred strictly around intercourse.

Ten years ago, suggesting a threesome or swinging would have got you a swift slap (and not the sort you may have wanted.)

These days, it's likely to be at least considered, if not embraced.

If your partner is secure, sexually aspirational and trusts you, merely mouthing the request might be all that's needed. If she's shy, conservative, the jealous type or simply not adventurous, it's going to take a little more.

Which is where I come in.

This isn't a guide designed to coerce her into doing things she doesn't want to do.

It is a guide to coaxing out the hidden, experimental side she might be secretly desperate to set free.

HOW TO SELL IT

Just because it turns you on doesn't mean it's going to make her shudder with desire – one person's wet dream is another's wet blanket after all. Having said that, be positive when you ask for what you want sexually. Make a big deal out of it or look terrified and she'll think it's a big deal. The more confident you are, the more likely she is to agree.

Also be clear about what you want. Is this a one-time experience you're after or do you want it to be a regular part of your sex life? Most people can cope with doing 'kinky' things step by step. Few want to try everything in a single session. (And if you have a woman like that, you probably don't need to read on.)

Prepare to load on the reassurance after you've spoken of your secret desire because a lot of women feel insecure when asked for something new.

The knee-jerk reaction is, 'Why – am I not enough for you anymore?' Or, 'Does this mean you don't enjoy regular sex?'

There's an unwritten subtext to all that. She may be thinking, 'If I say no, he'll think I'm unadventurous, prudish and deeply unsexy.'

Either that, or she'll think you're a bit of a pervert and start to worry whether you're safe to leave with children. So talk about the reasons why your desire appeals. And lace it with loads of sexual compliments.

Make it clear it's fine if she does want to say no (you're a nice guy after all.)

The absolute worst thing you can do to guarantee she won't be interested in anything remotely interesting ever again is to hint you'll get it elsewhere if she doesn't cough up – or say that you'll leave.

THE THREESOME

Having a threeway pretty much always tops the most popular fantasy list – particularly for men. And although quite frankly I'm biased against anything that involves inviting extra bodies into the bed

(very few long-term, committed couples manage to negotiate these scenarios successfully), the appeal is undeniable.

Two men, both indulging my every need simultaneously – what woman wouldn't enjoy that?

If you want to experiment with the same sex, a threeway makes it seem less threatening and it appears to solve the need for new flesh without lying or going behind your partner's back. These are all good, sound reasons for experimenting.

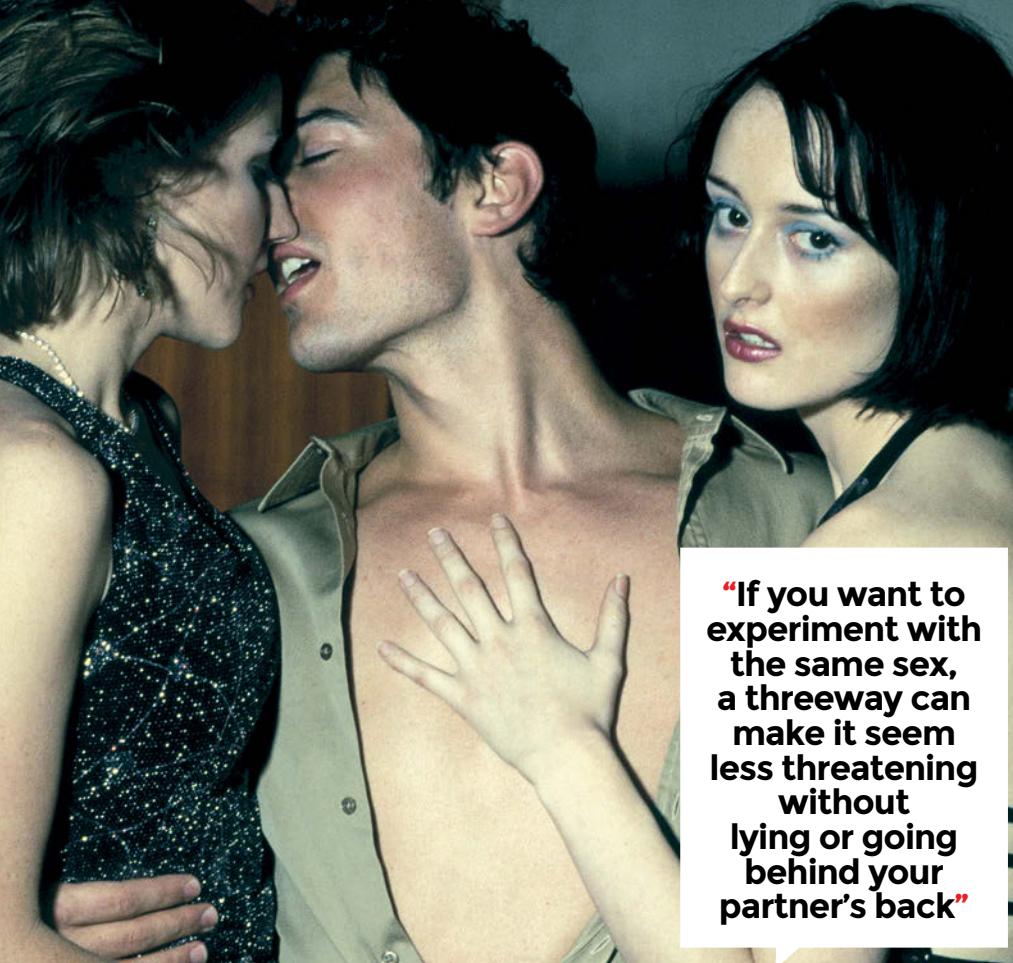
If you're single, in a casual relationship which you don't mind risking or secretly couldn't give a toss if your wife leaves you because of it, go for it.

If you're in a long-term committed relationship, however, be warned: indulging in this fantasy may not turn out to be the exotic, erotic adventure you'd imagined.

Jealousy is a huge problem, with nasty surprises running a close second. Seeing some guy (or girl) bury their face between your partner's legs and watching her eyes roll back in bliss may not be quite the turn-on you thought it would be.

Plenty of guys freak when it suddenly dawns on them that they won't be the person who's the focus of the session and is basically sidelined as the other two get down to it. Even harder on the ego is watching your girlfriend orgasm quickly and easily with a stranger, when she takes at least 20 minutes of grim, determined effort with you.

Deciding exactly what will happen beforehand helps, but the reality is often still quite shocking.



"If you want to experiment with the same sex, a threeway can make it seem less threatening without lying or going behind your partner's back"

The thing about women is, while we're sometimes shy to suggest stuff like this, once permission has been granted, the gloves are off. She'll often enjoy it more than you will because it's more exciting and unusual for her to be able to express the darker side of her sexuality. Are you happy to unleash the beast?

SWINGING

You couldn't have picked a better time to indulge in this one, since swinging is enjoying a resurgence in popularity. Sadly though, the basic problem remains, she'd be a lot easier to convince on this one if the average swinging couple looked like George Clooney and his new bride rather than Mike and Margaret, the overweight, unattractive, middle-aged couple who run the last video shop in the village.

Swingers are couples, usually in committed relationships, who like to have threesomes, foursomes or moresomes with other couples. Most swingers meet online or at various swinging venues dotted around the UK. Some couples keep it relatively private (well, as private as it can be), choosing only to play with one other couple at a time.

Generally, all couples arrive at a swingers' party as a couple, most participate as a couple and leave as a couple. There is 'closed' swinging when one partner chooses not to be around while their lover is having sex with others. 'Open' swinging means both participate, and 'soft' swinging means you'll 'heavy pet' with others, but draw the line at

penetration. You can get the thrill of swinging without the downside of potential embarrassment by going to a swingers club and watching but not participating.

The most famous and by far your best bet for convincing her to go swinging is to say you're going to an upmarket swingers club.

There are plenty around these days, especially in London.

Some have up to 40,000 clients and they unashamedly aim to attract and please adventurous, good-looking, high-flying, hedonistic women.

Women are in charge and men have to be invited to join any activities.

There's a strict criteria at the high-end swingers' clubs for entry.

But if you're both reasonable looking and/or have cash and jobs in the creative industry, it's looking good.

Solid swingers club options include Heaven SX and Fever Parties.

If your girl is body-confident and not jealous, you'll have a ball.

If she's not, it's potentially going to be a nightmare since you will be surrounded by lots of good looking, leggy types in lingerie, making her feel inadequate and making it impossible for blokes not to stare.

I know several women who have been to upmarket swingers' nights solo and had the best sexual experiences of their lives – smogging women, dabbling in group sex, playing the voyeur, gulping champagne and generally loving the hedonism of letting loose without being judged. **Id**

Keep It Up

How to up your chances of her wanting another threesome.

DO If you want the sexual experimentation you had to work so hard for to continue, make sure you get it right the first time around. In terms of the threesome, here are the do's and do nots that will get you another one.

DON'T Approach friends, colleagues or acquaintances with the idea of getting involved in a threeway with your partner. Even the most sexually liberated often pale when it comes to coming with friends – it just somehow seems wrong.

DO Hire a sex worker for your first threesome. It's less personal, it's private and confidential and you have more control over the situation. He/she is unlikely to get emotionally involved with either of you and you're unlikely to see them again and there's less reason to get jealous. You get to call the shots and boss them about without fear of offending. Alternatively, go to a sex party where people are open to the suggestion. Find them online or use a sex app and you'll be spoilt for choice.

DON'T Fail to talk through what will happen.

DO Make rules on what is and isn't allowed during the threeway – and be very specific.

DON'T Have unprotected sex.

DO Have loads of condoms on hand and protect her sexual health by avoiding high-risk activities.

DON'T Leave her out.

DO Pay her more attention than the third person or focus on the new person only when she feels comfortable.

DON'T Fail to stop things if she starts to get upset.

DO Have 'safe words' only the two of you understand that mean 'stop' (red, for instance), 'having fun' (green) or 'not sure but want to keep going' (orange.)

DON'T Rave about how hot the third person was after it's all over.

DO Rave about how hot she was in the situation and, if it was with another woman, how she's far sexier, more beautiful and better in bed.



AGONY AUNT

Julie Burchill

On the rise of Islamofascism, women-haters, Miley Cyrus and blowing your cash.

“It’s so hypocritical for those past the first flush of sexual rapture to envy it in the young, then dress up their sour grapes as concern”

Dear Aunt Julie,

All this Muslim business, eh? Some people say the western world brought Muslim extremism on themselves. Some say we should kick 'em all out of Britain after the Charlie Hebdo killings. I was in a taxi the other day and the cabbie said that. What do you reckon? Was the guy an idiot, and is any war on terror unwinnable?

David, Cambridge

Dear Confused Of Cambridge,

I personally believe that the belief that it is legitimate, indeed desirable, to kill anyone (including other Muslims) who doesn't bow down to a nihilist death cult is the greatest threat to peace, progress and pop music since the Nazis.

The sainted Christopher Hitchens coined the word 'Islamofascism', and if you write down Muslim fanatics' aims and ideas, you'll see they are indeed very similar to those of Hitler's half-wits.

Certain stupid people have made the mistake of believing that welcoming Islam in all its forms means a country will become more colourful and 'diverse'. Provoking the sound of hollow laughter! The Jews, Sikhs and Hindus have certainly made Britain more diverse, but diversity is exactly what Islamism hates – and I don't just mean they hate Ashley Banjo and his mates, though they believe that singing and dancing should be outlawed too.

Ian McEwan put it well. He said, "Murderous and self-sanctifying, radical Islam has become a global attractor for psychopaths. It has never been embarrassed to proclaim its list of hatreds: education, tolerance, plurality, pleasure and, above all, freedom of expression – the

freedom that underpins all others.

Even more important than the abstractions are the people that jihadists hate and have killed: children, schoolgirls, gays, women, atheists, non-Muslims, and many, many Muslims."

To say the west 'asked for' the murderous antics of these creeps is like saying about a rape victim that "she asked for it". I wouldn't send all Muslims 'back' – most of the vile ones were born in the UK anyway. But any Muslim who doesn't 'get' free speech should leave, as the Muslim mayor of Rotterdam said recently.

There are, after all, more than 60 Muslim countries, where jihadi jerks can oppress everyone not wearing their chosen blinkers to their evil hearts' content.

You ask is the war against Islamism winnable? Well, we beat the fascists. And even if we can't, it's better to die on your feet than live on your knees, as a grand old lady once said. The Islamists would dismiss the Spanish revolutionary Dolores 'La Pasionaria' Ibarruri (who said the above) as an uncovered infidel whore, which tells you all you need to know about them.

Dear Aunt Julie,

I think men are losing their power to women – sexually, professionally and physically. The sight of female body-builders terrifies me, for instance. Are men redundant?

Anon

Dear Glutton For Punishment,

Would you say the same about immigrants? If not, you're a hypocrite. And if so, you're tragic.



MILES AHEAD
It's time to get with the youngsters' programme.

Are you sure you don't LIKE being terrified? And why are you even LOOKING at female body-builders? It's not like they're on every billboard in the street! You must be seeking them out.

The Fifty Shades Of Meh phenomenon has blinded us to the fact that far more men than women are masochists. And as far as I can see, for every MP getting spanked in a basement in Bayswater, there are 20 chaps who have cleverly found a way to get their kicks by half-convincing themselves women are taking over the world, getting their Sapphic groove on with each other, breeding babies in test tubes and generally making men superfluous.

I always think of that infamous Two Ronnies running joke The Worm That Turned (it was 1980 and you're probably too young to remember.) It was a dystopian spoof set in 2012 in which women have taken over Britain. Law and order in this looking-glass world was managed by female secret police wearing knee boots and leather hot pants, led by the impressively-upholstered Diana Dors. The sub-text positively shrieks from

every frame: "Ooo, you big bad feminist, you – stop oppressing me, I like it!" Meanwhile, back in the real world, in the free West, two women are murdered by partners or ex-partners a week. According to the Home Office and Ministry of Justice, around one in 20 females aged 16 to 59 in England and Wales reported being a victim of a serious sexual offence since the age of 16. Extending this to include other sexual offences such as sexual threats, unwanted touching or indecent exposure, this increased to one in five reporting being a victim since the age of 16. More than 40 years after the Equal Pay Act was made law, women are earning only three-quarters of what men in full-time comparable jobs earn, while among company directors men take home £21,084 more than their female colleagues. And you're getting your Y-fronts in a twist over a couple of oiled-up show-offs who resemble, to use the words of Clive James on Arnold Schwarzenegger, "condoms stuffed with walnuts". Go and pay for a good thrashing from an ill-tempered 'resting' actress and have done with it.

Dear Aunt Julie,

My aunt left me hundreds of thousands of pounds in her will. It's brilliant – I hardly ever spoke to her, but apparently I was her favourite nephew. I'm in steady employment and am in my late-30s. Should I invest wisely or blow it?

Anon

Dear Made Of Money,

You're certainly asking the right person here. About 10 years ago, I became a millionaire when I sold my house to a developer – after a lifetime in the red, though I earned a fortune as a writer, I was LOADED!

At the same time, I became a Christian. You can imagine what happened. I ended up giving about a quarter of a million away to stray dogs and synagogues, tramps and thieves, friends and freaks – and were it not for the fact that I have the most wonderful accountant in the world, who 'hid' money for me in various pension schemes, I would now be doing tricks for pennies.

As it is, I am living a lush life and looking forward to growing old disgracefully in the five-star sunshine. Put a third where you can't touch it for 10 years, I'd advise – and blow the rest on fun. As George Best said, "I spent a lot of money on booze, birds and fast cars. The rest I just squandered."

Dear Aunt Julie,

My teenage daughter is always glued to music videos by Rihanna and Miley Cyrus. Their lyrics and videos are full of filth and I'm worried my little girl is out there being a so-called slut. She always seems to have boyfriends on the go and my wife tells me to shut up. Do I ban her from TV or going out?

Will, Brighton

Dear Fellow Brightonian,

Good luck with trying to stop a teenage girl having fun in our mutual playpen, mate. There's nothing so hypocritical as those past the first flush of sexual rapture envying it in the young and then dressing up their sour grapes as the concerned, responsible milk of human kindness. Or maybe you were chaste as a teen? If NOT, hypocrisy is always a risible, ridiculous look.

What is it the 'youngsters' are saying these days?

"Get with the programme, Daddy-O – Queen Anne's DEAD!" 

EMAIL julieburchill@loaded.co.uk



WITH
SASKIA QUIRKE
FASHION
EDITOR

**THE
EDIT**
Twelve Fresh
Must Haves.

**ONES
TO
WATCH**

The Brands You
Need To Be Seen
In For 2015.

**MY
STYLE**

Kodaline Frontman
Steve Garrigan
On Why His
Fashion Idols
Are Spinal Tap.



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styleFile



FUTURE CLASSICS

FROM DESIGNER CUTS TO TOP TAILORS, THESE ARE THE BRANDS SET TO BECOME COLLECTOR'S ITEMS. INVEST WISELY.

P&CO

This brand is so finely tuned to the current mood of bearded, tattooed blokes it even has a collection designed by Ricki Hall.

Focused on a simple aesthetic - the clothes are emblazoned with motifs that feel like an inked design - their style has been influenced by traditional workwear that is then re-interpreted as modern day classic threads.

But this isn't just another T-shirt company.

Founded by two Birmingham-based boys called Clark and Timms their commitment to crafting quality leather goods branded in the most beautiful way sets them apart from the rest. Understated but ruggedly masculine is their trademark.

01 CARD HOLDER £52

02 BELT £36

03 KEY FOB £24

04 BLACK T-SHIRT £30

05 RICKI HALL T-SHIRT £45

WEB pand.co/



04



05



E.TAUTZ

Winner of the Menswear Designer prize at the British Fashion Awards in 2010, this brand isn't exactly a new kid on the block, but this year is set to be its biggest and best. Opening its first ever flagship store on London's very fashionable Duke Street at the end of 2014 this landmark is a celebration of one of Britain's most exciting brands. It's headed by Patrick Grant, a tailor famed for his faultless style, it puts an experimental twist on Savile Row inspiration. Prices start at £230 from Etautz.com.

THE IDLE MAN

Tipped as the new ASOS despite only starting in 2014 this online brand has already impressed us by seeking out exclusive collaborations with cool up-and-coming brands such as Hype and Serge DeNimes. Its carefully curated stock brings together some of the best brands around - think Levi's, Vans, Majestic Athletic, Farah Vintage, Religion and Nicce London - taking the legwork out of shopping. And that is their concept - easy shopping for the modern (and some might say lazy) man. Plus, if you're stuck for a bit of style inspiration its Manual section is full of gems.

01 VANS SNEAKERS £52
02 RELIGION JACKET

£100
03 HERSCHEL
BACKPACK
£40
04 VITALY KUSARI
BRACELET £60
05 VANS OVERTSHIRT
£85

WEB theidleman.com

01



02



03



04



05



ASTRID ANDERSEN

She's the woman responsible for putting the 'street' in men's style and making it look good. Her sports-inspired aesthetic has led a new generation of menswear. Noticed the luxe sports trend that's been kicking around for a while? That's down to her. Suddenly found yourself wearing joggers to dinner rather than just to the gym? That's her again. The Danish designer has made it her mission to create premium casualwear that stands out. And it is a mission accomplished. Prices start at £160 from Selfridges.

FUTURE CLASSICS

OAMC

Fresh to the menswear scene OAMC was launched in 2013 by Luke Meier, former head of design at Supreme. You can still feel a distinct sports vibe that now influences his own collection, with equal emphasis on function and style. Diving straight in to the deep end to offer outerwear, knitwear, shirts, bottoms, shoes, leather goods and sunglasses, this is a well pulled together range. The wares are made in limited batches in Italy, France, Portugal and Japan meaning the likelihood of you turning up wearing the same gear as someone else is pretty unlikely. Plus it's now being stocked at Mr Porter - the ultimate seal of style approval.

01 SHIRT £280
02 ANCHOR T-SHIRT £90
03 GRAPHIC T-SHIRT £110
04 JACKET £280
05 JUMPER £295

WEB theidleman.com
& mrporter.com



01



02



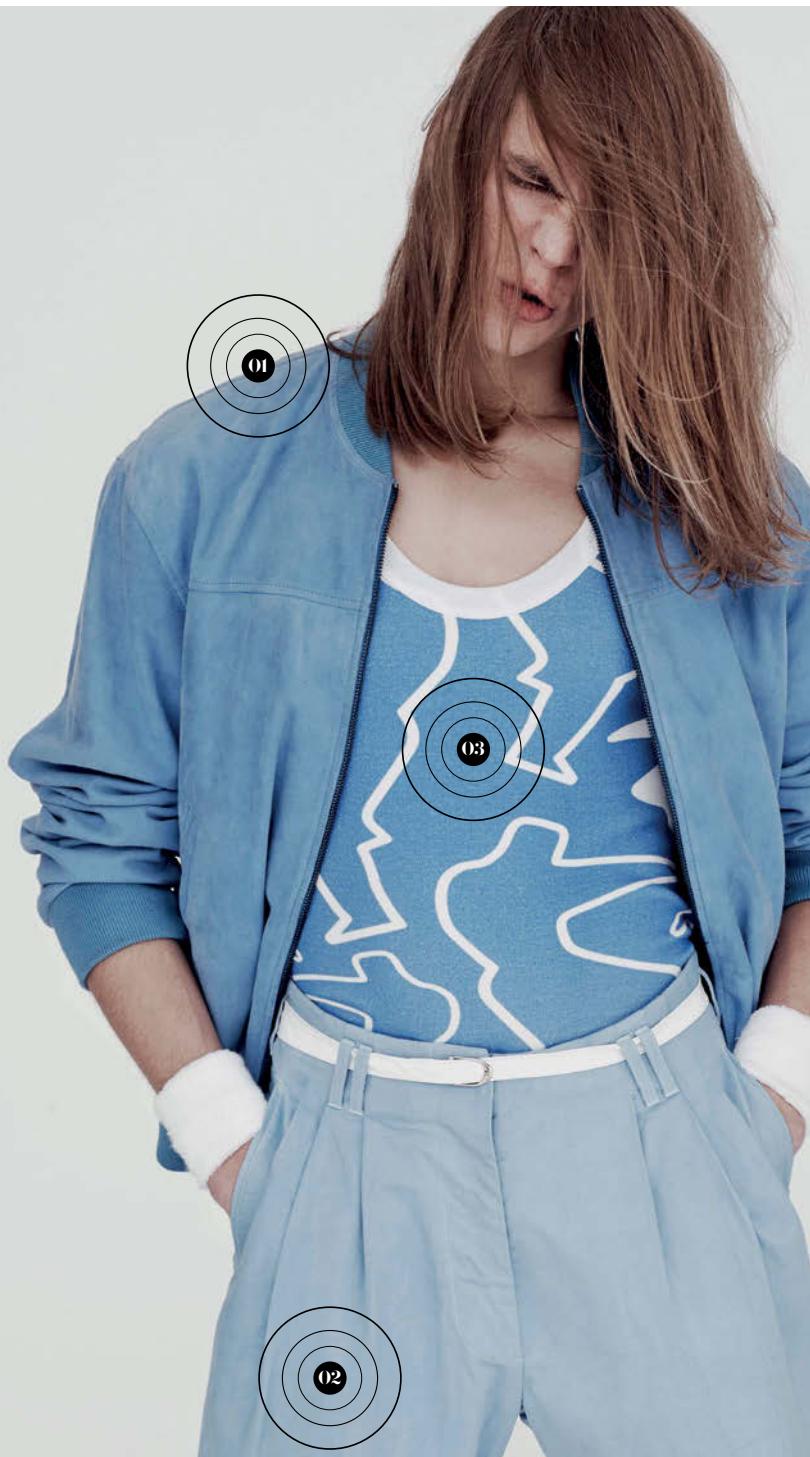
03



05



04



HUNTERGATHER

Founded by two fellas with solid fashion credentials – David Bradshaw was a stylist for Jil Sander and Prada whilst Chris Bailey is the former Creative Director at Jigsaw – the brand has a creative community made up of architects, writers, designers, stylists and photographers who input their ideas in to what they describe as “a collective, a repository of ideas, a gathering of minds”. All sound a bit new age? Well, don’t knock it ‘til you try it. The result is a pitch perfect collection of contemporary classics that are the lynch pin of the range – the excellent pea coat, a sharp-line suit and a beautiful bomber jacket. This is then set off by statement drops – bold prints, exciting materials, a splash of colour – for the perfect range of two halves.

01 BLUE BOMBERJACKET £450
02 TROUSERS £165
03 VEST £65

WEB huntergather.com, mrporter.com & theidleman.com

JOSHUA KANE

The Jonny Depp of the suiting world, eccentric and brilliant bespoke tailor Joshua Kane counts fashionable fellas Jack Guinness, Jimmy Q and Ricki Hall amongst his fans. He knows his stuff having worked his way up at Burberry Prorsum, Jaeger and Paul Smith. Kane's own sense of unique style and flair is reflected in his work resulting in the most incredible suits and accessories. Firmly believing that a bespoke get up should be an extension of his client's personality, Kane says, “My suits are a reflection of a character.”

01 HATS: THE 'GOSTICK HAT' £340
02 BOW TIE - 'THE DIGHTON' £85
03 POCKET WATCH CHAIN - 'THE SHEAR' IN ROSE, GOLD & SILVER £1,100 & 'TOP HAT' SILVER £320
04 RING - 'THE CREST' IN SILVER & ROSE GOLD £1,900
05 'THE BRUMMEL' BLACK MICRO DOT SUIT £1,575
06 'THE GEORGE' HEAVY TWILL NAVY SUIT £1,675
07 POCKET SQUARE - 'POLKA DOT' SILK £65
08 SCARF - 'POLKA DOT' SILK £125
WEB joshuakanebespoke.com

PICTURE Bart Pajak MODELS Toby & Seye



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The Edit

IT'S TIME TO LIGHTEN UP.
LOOSER LAYERS, CLEAN COLOURS
AND A SPLASH OF SEASIDE STYLE
ARE THE TICKET TO KEEP YOU
LOOKING FRESH.



TAN
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£60
TOPMAN
LTD



DENIM
JACKET
£135
NUDIE
JEANS



HAT
£8
ASOS



T-SHIRT
£250
MISSONI



MAC
£65
BURTON



SUNGASSES
£150
POLICE



STRIP TOP
£20
BURTON



BROGUES
£210
GRENSON



TOP
£95
LIBERTINE-
LIBERTINE
AT URBAN
OUTFITTERS



SHORTS
£105
LIBERTINE-
LIBERTINE
AT URBAN
OUTFITTERS



WATCH
£229
DIESEL
AT
SELFRIDGES



T-SHIRT
£30
HYMN
AT JOY



TROUSERS
£185
MARC BY
MARC JACOBS
AT MR
PORTER



JUMPER
£140
OLIVER
SPENCER



JACKET
£95
WHISTLES



LIGHT
HOUSE
SWEATSHIRT
£65
PENFIELD



BAG
£899
PAUL SMITH



FASHION ON THE FRONTLINE

KODALINE'S STEVE GARRIGAN GIVES US HIS TAKE ON HIS ON-STAGE STYLE, FROM PLAYING GIGS WITH HIS FLY DOWN TO NEVER WEARING THE SAME SOCKS.

Who is your style icon?

I really like Paolo Nutini's style. It's just the right form of smart casual for me.

If you had to wear another member of the bands clothes for a week, whose would it be?

I'd probably wear Jason's (*bassist Jason Boland*) as he's the closet fit to me. All the other lads are much taller and bigger than me. Vinny (*drummer Vinny May*) has got some great jackets. If they'd fit me I'd choose him. If only I could grow a beard like him too – that would be awesome.

Which fellow musician's on-stage outfits do you admire the most?

I like the way Ed Sheeran is so casual in the way he dresses. The 1975 are pretty cool too.

What's the biggest fashion faux pas you have ever made?

It's not really a faux pas, but I played a whole gig before to a big crowd at a festival with my fly down.

Describe your style in three words.

Dark, casual and laid back.

And the band's style in three words?

Casual, laid back and dark.

Were you a stylish teenager?

I'd like to think so, yes. I was a skateboarder so all my clothes were skate related. I loved Vans. I still have a few pairs I wear and I was into Element T-shirts.

What's the best fashion freebie you have ever received in your time as a lead singer?

I got this amazing Opening Ceremony jacket after a video shoot we did for Honest in Dublin. It's a one of a kind jacket that is pretty cool.

What's your most treasured piece of clothing?

Every spare pair of socks I have. I wear a new pair everyday. I got into the habit of doing it from touring. There's nothing like a brand new, fresh pair of socks. They lose their feel for me after you wash them. I've also got this leather pea coat from All Saints that's my favourite. I've got a lot of leather jackets but only one leather pea coat and I think it's pretty funky in a good way.

What's your favourite festival?

Glastonbury. The atmosphere, the people, the festival fashion, the bands, the location – for me it's the best festival by a mile. And what happens at Glastonbury, stays at Glastonbury.

What are your fashion festival essentials?

Extra socks, extra boxers, Ray Ban Wayfarer sunglasses and wellies.

Do you have a gig-watching outfit?

Probably a G-Star shirt, a leather jacket from All Saints and black skinny jeans from there too. Most of my clothes are All Saints to be honest.

If you could have any outfit from any album cover, what would it be?

Smell The Glove by Spinal Tap.



THE QUICK

5

**LEATHER JACKET
OR DENIM?**

LEATHER
JACKET.

.....

**DMs
OR
GRENSONS?**

DMs.

.....

**SWEATSHIRT
OR
JOGGERS?**

JOGGERS.

.....

**STUBBLE
OR
SHAVE?**

STUBBLE, BUT
I CAN'T REALLY
GROW ANY.

.....

**SKINNY
OR GIVE ME
SOMESLACK?**

SKINNY.

.....

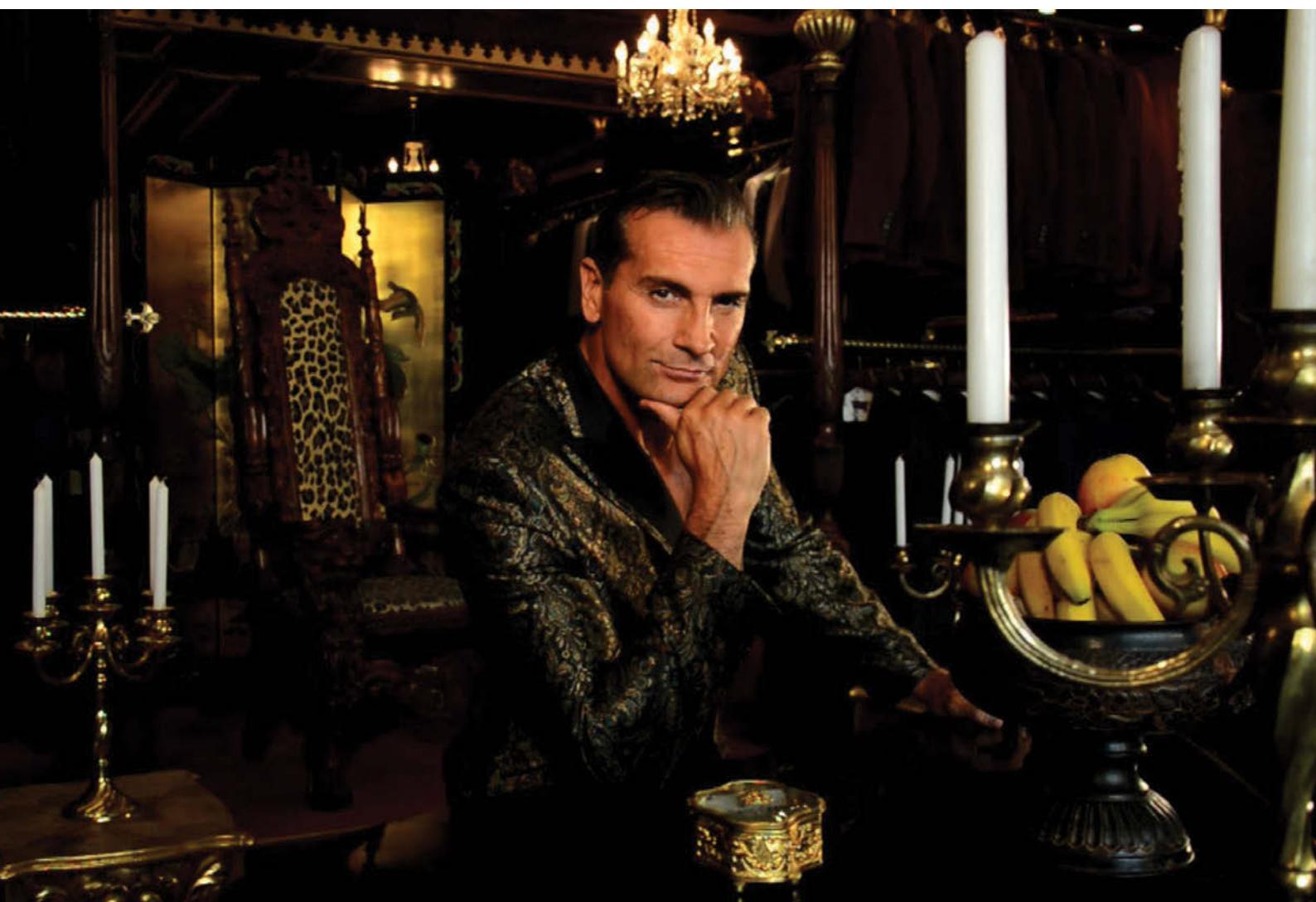
**BRIGHTS
OR BLACK AND
WHITE**

BLACK AND
WHITE.



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FORD FEST



Henry Ford would have had to go for a lie down if he'd seen the cars now bearing his blue oval. Motoring Editor **Jonny Smith worships the holy trinity of new Ford products – their super-car, mustang and super-truck.**



“THE ORIGINAL GT40 WAS A CAR CONCEIVED AS A REVENGE PLOT AGAINST FERRARI, AND THE GRUDGE STILL RUNS DEEP WITHIN FORD”

The shop where the Escort, Cortina, Mustang and Focus were born has been immersed in a mischievous project. Ford's forthcoming trump card – the GT – is on a crash course with Ferrari. It will emerge for sale next year, in time for the 50th birthday of its GT40 grandpa.

But there's more to it than that.

The fact the upcoming Ford GT looks a little like Ferrari's LaFerrari is probably no coincidence, because the original GT40 was a car conceived as a revenge plot against Ferrari. You see, car titan Henry Ford II desperately wanted to get back at Enzo Ferrari for backing out of a buy-out deal (on which the Ford Motor Company had spent millions) to take over the makers of the Italian stallion motors.

At the time – between 1960 and 1965 – Ferrari were wiping the floor with their competition in the revered Le Mans 24-hour race, reputed to be the planet's toughest motor endurance event.

Attempts to seize victory at the 1964 and 1965 Le Mans races escaped Ford.

Then in 1966 it all came together.

At Le Mans that year, the favourite, as usual, was Ferrari.

But Ford blew them away – and everyone else – with a new breed of car specially bred to break Ferrari's run. The first, second and third places at the '66 Le Mans all went to a GT40, sealing Ford's reputation as a giant-beater.

It was the first time an American manufacturer had won the event, and Enzo Ferrari was properly brassed off.

He was even more miffed when Henry Ford's crew returned a year later and won again. Dan Gurney was the driver who took Ford to victory in the '67 event.

He spontaneously sprayed his fellow podium occupants with champagne and inadvertently started what is now an obligatory race ritual.

Next year will be the 50th anniversary of Ford's landmark '66 victory. And what better way to mark it than by building a new GT and returning to Le Mans to go head-to-head with Ferrari?

Ford's last homage to their Le Mans-winning GT40 ended production in 2006.

It built 4,000 GTs that year, and celebrity buyers greeted its arrival with enthusiasm. The 2006 GT didn't feature the '40' in the GT40 name because it wasn't 40 inches

THE SCIENCE

How the 2016 GT will employ Ferrari 458-style aerodynamics.

FORD GT 2016

TECH SPEC

ENGINE 3.5-litre, V6 twin-turbo, direct injection, mid-mounted.

GEARBOX Seven-speed paddle-shift transmission with rear wheel drive.

POWER Ford say "over 600bhp". **TORQUE** 600 lbft (Estimated). **TOP SPEED** 210 mph (Est). **WEIGHT** Under 900 kg (Est). **0-62 IN** 2.9 seconds (Est). **WALLET**

DAMAGE £250,000 (Est).

ON SALE Late next year.



Features jet-esque engineering, with the high-level exhausts puncturing the rear bumper.

Rear spoiler rises vertically and tilts, with its horizontal surface angling upward to capture extra downforce and drag.

Hollow space around each rear light cluster allows air to escape at high speeds.

high – it was 43 inches. Jeremy Clarkson bought one, but handed it back because it was plagued by faults with the alarm system. It's a shame it had glitches.

It was resplendent with far more luxury and gadget swagger than the GT40, and still had a huge V8 engine behind the seats and gloriously bizarre wrap-over doors.

The new GT out next year marks the 10-plus year itch for the next generation of the legendary motor, and was unveiled at last year's Detroit motor show.

Ford is hoping it will be a far more reliable version of the 2006 model.

Rather than follow the previous GT's thirst for retro clothes, the new GT very much follows the rules of the wind tunnel by employing Ferrari 458-style active aerodynamic elements.

Look at the graphic above to see how in-board the scissor doors and cockpit side glass are compared to the arches.

Notice how the rear roof pillars appear to act as a bridge spanning across a void to the rear arches, letting air stream through and into gaping intakes for the

intercooler. That same air then exits through the hollow space around each rear light cluster. The new GT is jet-esque engineering pornography.

And I haven't even mentioned the high level exhausts that puncture through the rear bumper. They don't even look like exhausts – they're like cannon barrels.

Similar to the Bugattis of this world, the GT's rear spoiler can both rise vertically and tilt, with its horizontal surface angling upward to capture extra downforce and drag when needed.

Inside, Ford has abandoned the steering column stalks and loaded all functionality on to steering wheel buttons. Like Ferrari, it has a fixed race seat with fully adjustable floor pedals and steering column.

Ford are unashamedly snaffling for world-beating lap times, so the GT has been equipped with a race-derived pushrod suspension that can adjust its ride height at speed for stability.

There are carbon ceramic Brembo brakes in each corner, and there has been chat about carbon fibre wheels replacing the fairly conservative twin-blade five-

spoke alloy hoops. So far there are no concrete statistics on its performance, beyond Ford's Global Performance Vehicle Chief Jamal Hameedi saying his team was targeting "the best power-to-weight ratio of any car on the market".

Those are big words. It puts it up against the likes of Bugatti's 1184hp Veyron SuperSport, the 950bhp Ferrari LaFerrari, McLaren's 903bhp P1 and Porsche's 875bhp 918 Spyder. Oh, and let's not forget the Koenigsegg 1340hp 1340kg One:1. The new Ford GT must have achieved confidence in its power-to-weight capability by doing one of three things: it's either made the car extremely light, made it extremely powerful – or made it both of those.

We do know that, just like the McLarens and Lamborghinis of this world, the GT features extensive use of carbon fibre in its structure. A carnival of carbon panels on the new GT shrinks the weighty slab, but it's going to have to be ridiculously light bearing in mind a figure of "over 600bhp" has been mentioned. While 600 horses seems madness for most of us,

Rear roof pillars act as a bridge to the rear arches, letting air stream through and into gaping intakes for the intercooler.

Carbon ceramic Brembo brakes in each corner.

In-board scissor doors and cockpit side glass make it smooth.

There has been talk of carbon fibre wheels replacing the fairly conservative twin-blade, five-spoke alloy hoops.

It has an 'active' pushrod suspension that can adjust its ride height at speed for stability.

when going toe-to-toe with Koenigseggs and weight-obsessed McLarens, this GT is going to have to be bulimic to compete.

Unlike the current crop of exotic road weapons, the GT doesn't have multiple drivetrains, hybrid tech or all-wheel-drive.

It doesn't even have the traditional V8 we've come to expect. Instead Ford has opted to keep the DNA simple. They've kept it rear wheel drive in the most powerful incarnation of their 3.5-litre V6 twin-turbocharged EcoBoost engine.

They have waved farewell to the manual gearbox in favour of a seven-speed paddle-shift unit. It's clear from the new GT's make-up that the old Ferrari grudge runs deep. Come 2016, Ford intends to enter the Le Mans and bring home some silverware - which is essentially the reason this car exists.

The prototype will be tested this spring, so car-parazzi snappers all over the globe will be poised with their long lenses at key race tracks come March. Ford has proved it can bring back legends from the grave to rousing applause. So, the question is, when's a new Capri going to appear? **Id**



ONE SHEL' OF A MUSTANG

FORD'S NEW MUSTANG IS FAR FROM PONY. IT'S A FEROIOUS, STAMPED BEAST.

The Shelby GT350R is hardcore - a pure track warrior.

Ford's in-house designers have injected it with car-rods and transformed it into a maniacal, bicep-bulging WWE wrestler of a machine.

In terms of power it is supposedly around the 500hp 400lb ft mark. It uses a rev-tacular (to 8200rpm) 5.2 V8 engine - Ford's most powerful turbo/supercharger-free power source ever. Where the 350R gets exotic is with its unashamed 59 kilogram crash diet. This mustang has lost weight by shedding the back seats, stereo, air-con, boot

FORD MUSTANG SHELBY GT350R TECH SPEC
ENGINE 5.2-litre, V8 normally aspirated flat-plane crank, front-mounted **GEARBOX** Six-speed manual, rear wheel drive. **POWER** "Over" 500 bhp. **TORQUE** "Over" 400 lbf. **TOP SPEED** 180 mph (Estimated). **WEIGHT** 1390 kg (Est.) 0-62 IN 3.9 seconds (Est.) **WALLET DAMAGE** £55,000 (Est.) **ON SALE** 2016.

carpet, spare wheel and soundproofing. Performance figures currently remain a closely-guarded secret. You can rest assured it is going to be a feral monster.

VELOCITY RAPTOR

BRITS TYPICALLY DON'T DIG THE PICK-UP THING, BUT FORD'S NEW RAPTOR IS NOT JUST A TRUCK. IT'S A 4X4 CREATURE BUILT FOR LEAPING OVER CANYONS WITH A ROAR.

It's a truck for non-truck people, and will be Ford's third tweak of what is the supercar thoroughbred of the pick-up world. The new Ford F-150 Raptor is built with improved (and huge) ready-



for-airborne Fox Racing suspension, a new 'military grade' aluminum body and a revised 4x4 Terrain Management System (which allows you to select the terrain and the car's computer does the rest.)

Not only does the F-150 Raptor boing across dunes and dry river beds, it can out-muscle a lot of America's new muscle cars. Until now there was a 411bhp, 6.2 V8 under the slatted bonnet. But this Rap receives Ford's new Mustang's 3.5-litre turbocharged V6 engine.

It has two less cylinders, but the smaller engine actually produces more punch. Expect to have more than 500bhp piped through the dual exhausts of the Raptor. And it has 10 gears. Even with all that kit, the monster will be 227kg lighter than its last incarnation.

I have absolutely no use for a truck that can jump cliffs. But I want one of these anyway.

FORD F-150 RAPTOR TECH SPEC
ENGINE 3.5-litre, V6 turbo direct injection, front-mounted. **GEARBOX** 10-speed auto transmission, four wheel drive with transfer case. **POWER** 500 bhp (Estimated). **TORQUE** 490 lbf (Est.) **TOP SPEED** 145 mph (Est.) **WEIGHT** 2300 kg (Est.) 0-62 IN 5.9 seconds (Est.) **WALLET DAMAGE** £45,000 (Est.) **ON SALE** Late this year.

WORDS Dan Tye

LAND OF DISCOVERY

Land Rover reckon the new Discovery Sport is the most capable compact SUV they've ever made. So we put it to the test. **In Iceland. In a blizzard.**

As snowflake buries itself in my eye. It was a sign of things to come. I'm barely a few feet outside the sliding doors of Reykjavik airport, and I think of a word I read in one travel guide. It's 'rasfeber' - a Swedish noun meaning, 'The restless race of the traveller's heart before the journey begins'. My journey to Iceland was over, but I was feeling that restless race - sometimes called 'travel fever'.

I was in Iceland to test Land Rover's new Discovery Sport to its limit - and the conditions weren't going to be easy. Through the snow, across the car park from the exit of Reykjavik airport, I spot the Sport I'm going to be driving. Her headlights were on, the engine purring and her bright Indus Silver bodywork was gleaming like an Icelandic beauty queen.

And I couldn't wait to get inside her.

A 50 mph gust of wind brings me back from my daydream. I go to her and struggle to open the door against the howling Atlantic gale that's brewing. Once inside, it's as warm as you'd want, as the Land Rover rep has kept her running for me.

Then the passenger door swings open and jumps Ben Saunders, a rugged, grinning polar explorer.

If there was ever someone you'd want next to you in an Icelandic blizzard, it's him. Saunders walked to and from the South Pole in 2014 - an expedition Captain Scott died trying to complete in 1912 - and he's now a brand ambassador for Land Rover as well as an explorer.

"Are you trying to tell me something?" Saunders asks me, pointing to the Sport's eight-inch touch-screen display.

It's telling us the upcoming music track is Lily Allen's 'Fuck You'. We both snigger.

But it's no joke for me when I take the wheel to drive 100km through the heaviest snow I've ever seen.

We're in the HSE Luxury version of the Discovery Sport - the top spec. (The mid-range one is the HSE and the basic is the SE.) It only went on sale at the end of January and already 7,000 people in the UK have ordered one.

This one has a 2.0-litre Si4 petrol engine and a nine-speed automatic gearbox. But by far the best system on this new model is the Terrain Response. You select an icon most relevant to your driving conditions (in this case, it's snow - a lot of it.)

I'm in heavy hiking boots and am heavy on the throttle, but the Sport doesn't grumble.

Still, I look over to Saunders just to make sure he's not despairing of my driving. As we pull out of the airport, I can't even make out the lanes because the snow is so heavy. The steering feels sharp though - the Sport

drives very much like similar Evoque and Range Rover models and has very little body roll.

If only we had some dry, smooth roads right now to fully open her up I think as we plough through the drift. But the snow at least brought the black volcanic mountains we passed by to life.

I had watched tourist videos showing how Iceland is pitted with geo-thermal pools and natural geysers, like the surface of an alien world.

When you see it covered in snow, it looks like another planet.

The white stuff really started to come down as we trundled on, blowing sideways across the windscreens. My explorer companion recalls that this time last year he was in Antarctica dealing with the very same kind of winds.

The touch-screen says it's 0°C (I thought it would be colder) but I'm more concerned by the blue lights ahead.

We've hit a roadblock. The Icelandic police have closed the main road but the convoy has other ideas and leads us up a track. We can barely see out of the windscreens. I focus on the red taillights of the car in front to stay on the road. This motor will crawl up a 45-degree slope (an Olympic ski jump is at 36 degrees.) But I'm confident we'll survive.

Another 10 minutes of driving almost blind and the convoy stops. A member of the Land Rover support team knocks on our window and shouts above the wind, "We won't get through."

We turn back and re-enter Reykjavik, where melted snow water gushes down the street like rapids. We check into Hotel Borg, in the centre of Reykjavik's notorious nightlife and leave the Sport out for the night like a faithful husky.

The next morning at 8am we're back on the road. It's still pitch black. The sun finally rises at 10:30am and we're treated to our first views of Iceland in the daylight.

It's awe-inspiring. Its lush greens, volcanic landscapes and angular rock faces make it like a scene from Game Of Thrones. With light pouring through the panoramic roof, I can now also see the Sport's luxurious interior in detail.

Next it's on to the ION hotel for some R&R. The building was originally the living quarters for workers at the nearby geothermal power station. Since then it has won design awards as a luxury hotel.

It is industrial and geometric on the outside but very trendy inside. I wolf down a delicious gourmet lunch of reindeer - and can see why Iceland is fast-becoming a foodie destination.

Next is the bit I've been looking forward to the most - a dunk in the Blue Lagoon geothermal spa. The hot turquoise water revives me in seconds.

I hunker down with a coffee in a chic Icelandic cup and watch the steam rise out from the geothermal power station in the distance. Never has a power station looked so beautiful.

Neither has a car, and the Sport certainly left me wanting to use it for more off-roading.

Even in a white-out. 

“THROUGH THE SNOW, THE DISCOVERY SPORT IS WAITING FOR ME,
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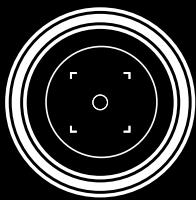
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THE STORY BEHIND THE PICTURE



PHOTOGRAPHER
TYLER SHIELDS
IMAGE
LINDSAY LOHAN
'LIFE IS NOT
A FAIRYTALE'
LOCATION
HOLLYWOOD
DATE
2010



This was the first day I ever shot Lindsay Lohan. It seems weird to think about it now as we have shot hundreds of times since, but this was at the beginning, during the feeling each other out stage.

We started things simply and then I said perhaps we should try something crazy and she suggested we should use blood.

I knew and she knew that was where the night would end, but we had to get other shots out of the way first.

So the shoot went on and we both waited and finally it was time to go crazy.

We had guns, blood and knives and a whole assortment of other fun props.

This photo was taken on a short smoke break.

Lindsay was just hanging out and I walked in and took the picture.

I love it because her eyes tell the story and the blood turns it all into something strange.

The pictures were released the next day and it was huge. They made

"I love this picture because her eyes tell the story and the blood turns it all into something strange"

world news. It was the beginning of our friendship – and what a wonderful way to start it.

To buy art from Tyler Shields visit tylershields.com or email questions direct to info@tylershields.com.



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